



**KENDALL
IS THE
DATE
FROM
HELL**



**ANGIE'S
SECRET
PAIN IS
BREAKING
HER FAMILY**



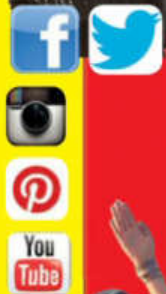
**KINKY
KRIS IS
KILLING
KANYE**

Fashion
**NICOLE
FLINT
MODELS
FOR US**



**VIBRANT
SHADES
OF PINK**

**SA'S MOST POPULAR
CELEB MAG!**



JESSICA

JENNIFER

KHLOÉ

RiRi

**10
CELEBS REVEAL
THEIR DIET
& EXERCISE
ROUTINES**

BODY SECRETS OF THE STARS

Revealed!

*The mag with
the best
puzzles!*

REAL LIFE



**MY BEST
FRIEND
KILLED
MY BABY**

**THE PROS & CONS OF
SOCIAL MEDIA**

**I SAVE
LIVES WITH
MY BANK
SAVINGS**



**THE PAIN TRUTH
HOW AND WHY
WE HURT**



**FIRE
FIGHTER
MOM
WITH
MUSCLES**

**DANGERS
OF ANIMAL
OBESITY**

**PET
OWNERS
BEWARE!**

October 9, 2015, VOL 29 NO 41
R18.00 (VAT incl).
Other countries R15.79 (tax excl)

ISSN 10107959



WWW.PEOPLEMAGAZINE.CO.ZA

**42
FASCINATING
STAR WARS
FACTS!**

*** THE
JAWAS
SPEAK
ZULU**



*** GEORGE
LUCAS WAS
CONVINCED
THE FILM
WOULD FLOP**



*** YODA'S
FACE WAS
MODELLED
ON ALBERT
EINSTEIN'S**



In This Week's Issue

Gossip & Features

- 2-3 Contents & #What's Trending
- 4 Spotted: Princess Charlene
- 6 Spotted: Rod Stewart PLUS Wladimir Klitschko
- 8-9 Kris' sex life is killing Kanye
PLUS Spotted: Ben and Jen PLUS Gossip
- 10-11 Rivalry-El between Giuliana and Maria
- 12-13 Angelina's pain is tearing her family apart
PLUS Couple News
- 14 How Trevor Noah prepared for The Daily Show
PLUS Drake and Chris fight for Serena
- 15 Miley Cyrus' stylists are going crazy
- 16-17 TV made 'em rich!
- 18 Kendall Jenner is a date from hell!
- 25-27 Star Wars trivia special
- 44-47 2015's smoking hot international celeb bods
- 95 Before they were famous

Real Life

- 20-21 Exploring the Titanic part 6: 'Never again!'
- 24 Social media: the good, the bad and the ugly
- 74 Pet obesity – know the dangers!
- 76-77 Meet the super muscle firefighting mom!
PLUS Strange but true
- 86-87 The horrific truth of the ISIS slave trade
- 88 My stories
- 89 'My best friend killed my daughter'
- 90-91 'Saving lives with my bank savings'
PLUS Did you know? PLUS Mnandi News
- 92-93 Why we feel pain PLUS Verdict

Fashion, Beauty & Health

- 28-29 Get the look
- 30-34 Fashion
- 35-38 Beauty
- 39 Celeb fitness
- 40-42 Body, mind & health news
- 43 Dear Doc

Regulars

- 22 Cool stuff
- 48-49 Poster: Gwen Stefani
- 50 people has heart
- 51-62 Puzzles
- 63 Recipe
- 75 Animal news PLUS Take me home
- 78-79 Puzzle answers
- 80-83 Classifieds
- 84 Horoscope
- 85 Dear people PLUS Mama Taxi
- 94 Off the track

Entertainment Central

- 64-65 Fab 5 and Dstv highlights
- 66, 68 & 70 Schedules PLUS Gig guide
- 67 Seen on set
- 69 Reality bites
- 71 Off the record, CD reviews & quiz time
- 72-73 Preparing for The Great SA Bake Off
PLUS Soapie spoilers



#What's Trending

BY MARK WASSERMAN

Monday: #MCM (Man Crush Monday)

THIS week's #MCM is, again, a little different. Why, you ask? Simple. It's a whole rugby team! Following our surprise (and crushing) defeat to Japan at the Rugby World Cup in our opening match, South Africa managed to restore the hope of the whole country having won convincingly against Samoa in our second match, 46 – 6. So, this week, in what should probably be named #MENCrushMonday, we're taking out hats off to the whole Bok team!



Tuesday: #TBH (To Be Honest)

JUST as we were jumping to the defence of sweet PDAs last week, **Peter Dinklage** goes and ruins our argument that they are, sometimes, totally acceptable. At the recent Emmy Awards, before **Peter** went onto the stage to accept the Emmy for Outstanding Supporting Actor in a Drama, something unspeakable happened: When **Peter's** name was called, he kissed Erica, his wife of 10 years, pulled away, obviously realised he was chewing gum, and so he went in for another kiss. That's when the two redefined the meaning of 'true love' by passing that chewed-up piece of gum from his mouth to hers. So there's a new addition to future wedding vows: 'I chew'.



Wednesday: #WCW (Woman Crush Wednesday)

TAYLOR SWIFT can just do no wrong, can she? When she isn't looking perfect every time we see her, making smash hits or managing to keep a straight face when **Kanye West** gets all up in hers, she finds time to interact one-on-one with her fans. On a recent episode of *The Ellen DeGeneres Show*, Dylan Barnes, a seven-year-old fan of the singer, was invited by the host to bust his moves. **Taylor** got wind of the fan's **Swift-session**, and arranged to meet Dylan a few days later. She posted a video of the two having a dance off on her Instagram account, captioning the clip: "And this happened."

Ed's Letter

ANOTHER week in Celebville to get us talking, laughing... and, of course, hashtagging! #CelebNews #OurFavesThisWeek #HollywoodMemories #PeopleMagLovesIt

Hi Everyone!

GASP! Can you imagine earning over a billion rand? Yep, that's what those crazy Kardashians earned when they signed their new deal to keep the show running for, wait for it, another three years! A lot of money for being famous for, well, being famous.

It's also been said that Trevor Noah is currently worth over R36-million but going forward, he is set to make around R320-million a year! I can't begin to comprehend that amount of money... If you are feeling like me and can only dream of living the high life like the Hollywood stars do, then turn to pages 16 and 17 to see what other celebs are making on TV – definitely a career worth considering, peeps! #DreamOnAndrea #GreatforTrevor

It's time to get into shape and if you haven't already started eating healthily for summer, then there is no time like the present to say goodbye to junk food! In this week's issue we share body secrets of 10 international top stars, and how they keep looking good, from page 44.

Enjoy!

Andrea
andreac@caxton.co.za



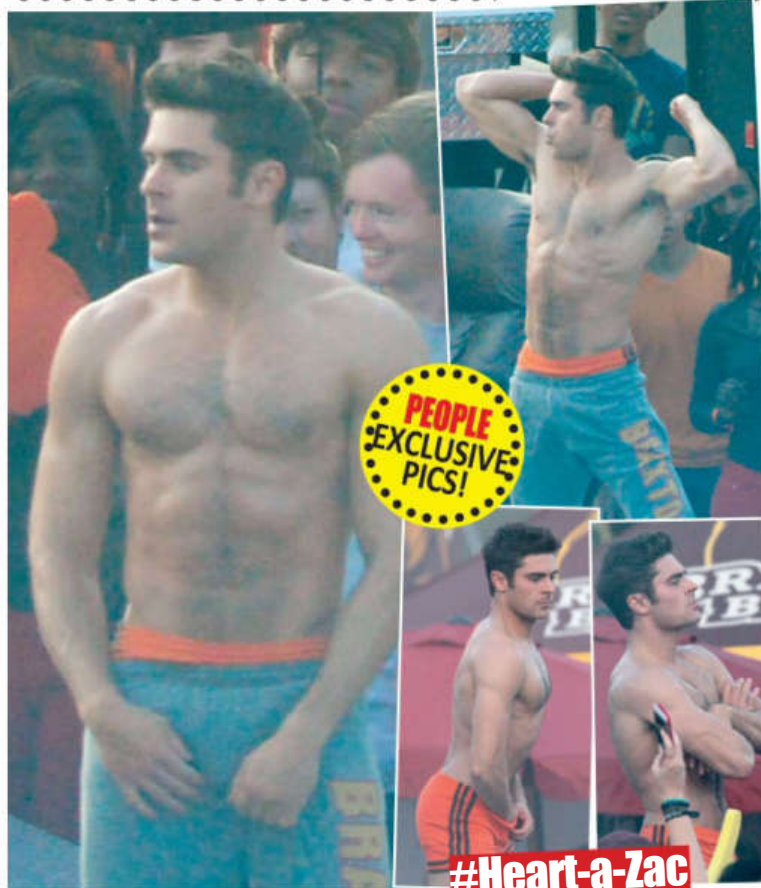
Thursday: #TBT (Throwback Thursday)

GIVING her Twitter followers a #ThrowbackThursday pic to 'aww' over, English model and singer **Pixie Geldof** tweeted out recently: "When I had a pal this small!" And while we aren't so sure about the whole pup licking the lip thing, we're going to overlook it purely for the cute value of the pic.



Friday: #FFF (Fun Fact Friday)

REBEL WILSON owes her career to a deadly disease. Seriously. After contracting malaria, and in the middle of an hallucination, she pictured herself winning an Oscar, and that was when she decided to pursue a career in entertainment. So there's one reason to celebrate the parasitic protozoa of the genus *Plasmodium*.



Saturday: #SS (Shirtless Saturday)

SO all of us here at **people** Magazine had what we can only describe as a heart-a-Zac when these pics of the *High School Music* star came across our desks. And we know now that you've seen them you can totally relate. **Zac Efron** showed off his best *Magic Mike* moves while on the set of *Bad Neighbors 2* recently. The star jumped up on a table and stripped down and danced before revealing just a small pair of orange shorts, before he reached down the front of his shorts to help cover up the family jewels.

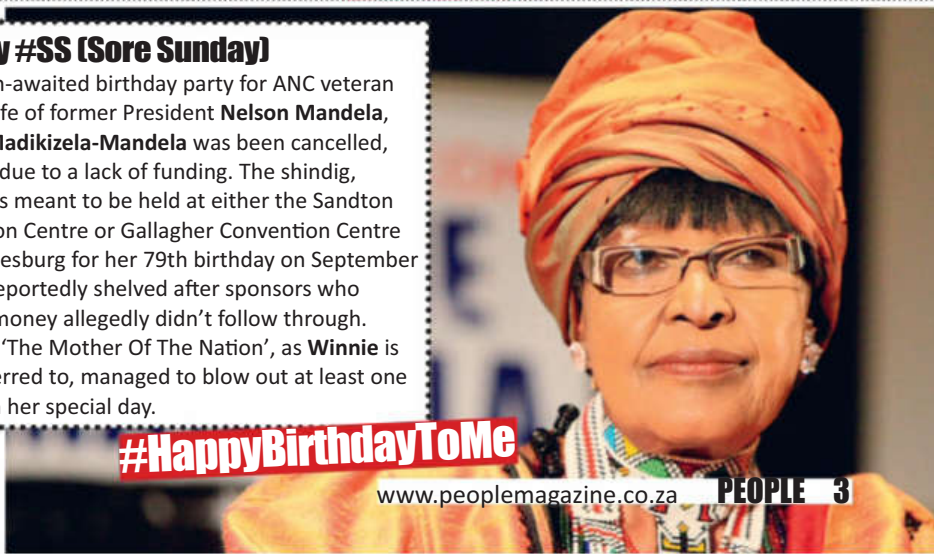
Sunday #SS (Sore Sunday)

THE much-awaited birthday party for ANC veteran and ex-wife of former President **Nelson Mandela**, **Winnie Madikizela-Mandela** was been cancelled, allegedly due to a lack of funding. The shindig, which was meant to be held at either the Sandton Convention Centre or Gallagher Convention Centre in Johannesburg for her 79th birthday on September 26, was reportedly shelved after sponsors who pledged money allegedly didn't follow through. We hope 'The Mother Of The Nation', as **Winnie** is often referred to, managed to blow out at least one candle on her special day.

#HappyBirthdayToMe

www.peoplemagazine.co.za

PEOPLE 3



BY PEARL MPHUTHI

Right Royal Outing

HER Serene Highness **Princess Charlene** of Monaco, 37, was spotted *still* on vacay in the South of France recently, but this time with her twins, Gabriella Thérèse Marie and Jacques Honoré Rainier. How adorbs are the pair looking? Along with the Zimbabwean-born royal were her mother Lynette, her brother Sean and his wife Chantell. It's great to see **Charlene** spending quality time with her family, but the less we see of her and her husband, **Prince Albert II**, the more fuel is being given to rumours of growing unhappiness in their marriage. Until we get further proof though, we're just going to believe the prince was back home taking care of business. Principalities don't just run themselves, do they now?

**PEOPLE
EXCLUSIVE
PICS!**

An Actual
Prince

An Actual
Countess



Delectable Apple **CRUMBLE ICE CREAM**

TREAT YOURSELF TO THIS unique homemade ice cream from the second season of Clover's *Little Big Cook Off*.

APPLE crumble is a traditional dessert favourite often served with ice cream. This recipe combines the two to give the best of both worlds!

Ingredients

SPICED APPLES:

- 15ml ground cinnamon
- 4 cloves
- 5ml mixed spice
- 125ml brown sugar
- 5ml salt
- 8 large Granny Smith apples, peeled and chopped into 1cm cubes

ICE CREAM CUSTARD:

- 1L Clover Cream
- 1 vanilla pod, scraped
- 270g Castor Sugar
- 12 egg yolks
- 25ml vanilla essence

YOU WILL NEED AN ICE-CREAM MACHINE

Directions

- For the spiced apples, place ingredients into a pot, place over a medium heat and cook while stirring occasionally for 30 minutes, remove from heat and set aside to cool.
- For the ice cream custard, fill a medium pot with 7cm of water. Pour Clover Cream and the scraped vanilla pod into a large glass bowl and place the bowl in the simmering water on a medium heat. The cream should be heated through.
- In an electric mixer, whisk the egg yolks with the castor sugar and vanilla essence, until pale and fluffy.
- To temper the egg yolks: slowly stir two ladles of warm cream into the egg yolks whilst whisking continuously, which distributes the heat evenly and doesn't allow the eggs to scramble. Do not add the cream mixture too quickly as the eggs will start to cook. Pour the egg mixture into the remaining heated cream.
- Return the double boiler with cream in glass bowl on medium heat and using a wooden spoon, stir gently and cook until the liquid thickens. Scrape the bottom of the pot whilst cooking. Once thickened, remove from pot and cool down before churning.
- Start churning your ice cream in an ice cream machine.
- When ice cream is just about finished churning, add half the apple mixture and churn until set.
- Add the remaining apple mixture to a plastic container and then fold through the ice cream to form ripples of apple.
- Freeze the ice cream until ready to serve and sprinkle with crumble.

**STAND A
CHANCE TO WIN
R1 000 DAILY!**

SEE Clover promo packs in store for details. Visit clover.co.za for T&Cs. Don't forget to watch season two on Sundays at 16h30 on SABC 3.

For a quick and easy ice cream recipe without an ice cream maker, download the Cook with Clover App.



#peoplespotted

BY MARK WASSERMAN

PICS: WWW.ELITEPHOTOAGENCY.COM / PAN MEDIA

PEOPLE
EXCLUSIVE
PICS!



Wladimir: Daddy Cool

IS there any sight more perfect than a perfectly sculpted dad doting over his baby daughter? No, there isn't. And this week, that adorable sight is brought to us by **Wladimir Klitschko** and his oh-so-cute nine-month-old daughter Kaya. The Ukrainian professional boxer and reigning world heavyweight champ took his daddy duties seriously in Miami whilst his partner **Hayden Panettiere** (of *Nashville* fame) was filming the latest installment of the series. Cooling off in the waves, while at the same time heating us up under the collar, was the order of the day. There's a new nominee for Daddy Of The Year...



Forever Young, Rod?

THEY say rockers never get old, they just fade away. 'They', however, have obviously never told that to **Rod Stewart**, because the 69-year-old *Sailing* singer is going strong, both on the stage and off. Spotted in Rio recently, where he performed at the Rock In Rio Festival, the singer took some downtime to take in the sun and the surf Rio is famous for. Though the crooner did have lotion rubbed on him by a friend, the SPF factor clearly wasn't high enough, as there was a definite lobster-red tinge to the singer – not the greatest look, **Rod**.

Running, Not
Sailing



Dulcolax®

World's No. 1
PHARMACY LAXATIVE*

Need
**CONSTIPATION
RELIEF?**



Try

S0

Dulcolax®

CONTAINS
NO TARTRAZINE

For relief
of occasional
constipation

10 COATED TABLETS



AS SEEN ON
TV

Dulcolax®

TABLETS



**6-12 HOUR
OVERNIGHT RELIEF**

SUPPOSITORIES



**15-60 MIN
IMMEDIATE RELIEF**

Adults and children 12 years and over:
1-3 tablets as a single daily dose.

Children 6 years to under 12 years:
1 tablet as a single daily dose.

Adults and children 12 years and over:
One 10 mg suppository as a single daily dose.

Children 1 - 12 years:
One 5 mg suppository as a single daily dose.

S0 DULCOLAX® Tablets. Each tablet contains bisacodyl 5 mg. Contains sugar. Reg. no. E/11.5/531. S0 DULCOLAX® 5 mg Suppositories. Each paediatric suppository contains 5 mg bisacodyl. Reg. No. E/11.5/534. S0 DULCOLAX® 10 mg Suppositories. Each adult suppository contains 10 mg bisacodyl. Reg. No. E/11.5/532. For full prescribing information refer to the package insert approved by the medicines regulatory authority. Applicant Details: Ingelheim Pharmaceuticals (Pty) Ltd. Co. Reg. No. 1966/008618/07. 407 Pine Avenue, Randburg. Tel (011) 348 2400. BI Ref. No. 456/2014 (Nov 14).
* IMS OTC Review Plus Database (2011/12/13).

**Boehringer
Ingelheim**

Bisacodyl 5/10 mg

Juicy Gossip

BY ZARA BRINER



Blake And Kristen's Set Feud

UH-OH! There's a new Hollywood feud and this one doesn't involve **Nicki Minaj**. According to reports, **Blake Lively** and **Kristen Stewart** are not getting along on the set of **Woody Allen's** new movie and it's causing serious tension. "They're just two completely different people leading completely different lives. They don't have anything in common," spills an insider, adding, "Kristen thinks Blake's insincere and stuck up while **Blake's** incredibly conservative and just can't get those pictures of **Kristen** cheating with her married director out of her head. There hasn't been an actual yelling match, but it's the simmering tensions between them that has everyone on edge trying to keep them away from each other." Come on ladies, let's play nice!



Scott's Still Rolling In Dough

HE may have been dumped by **Kourtney Kardashian** and her reality show, but **Scott Disick** is letting everyone know that he's not short of cash. The former **KUWTK** star spoke out in a recent interview at an appearance in Atlantic City, saying, "I've been making money since I was a kid, and I'll keep making money. So I am not worried about it. I am feeling good." And according to

an eyewitness, **Scott** was seen blowing his cash with a bunch of girls at a nightclub straight after, where he shouted, "Let's blow the roof off this mother f*****." While his net worth is less than **Kourtney's**, reports suggest he is estimated to be worth **R221-million** and still makes money from renovating houses and attending events; he is also making royalties from his earlier appearances on *Keeping Up With The Kardashians*.

GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGE 11 FOR MORE.



Kris & Corey's

Sex Life Grosses Kanye Out!

BY EL BROIDE

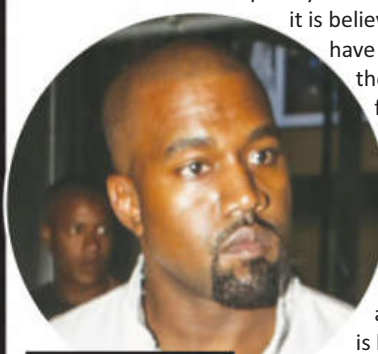
KRIS JENNER is loving her raunchy sex life with boyfriend **Corey Gamble** – but **Kanye** can't handle the deets!

LIFE is good in the Jenner household – for everyone but **Kanye** that is! **Kris** has had a rough time dealing with **Caitlyn Jenner** and her transformation, however her boyfriend, **Corey Gamble**, has been making sure she feels safe and looked-after and has really helped her get through this tough time in their lives. Their sex life has been explosive, by all reports, but **Kanye West**, who is currently living in the **Jenner** house, is 'completely grossed out' by the idea of **Kris** and **Corey** doing it!

"**Kanye's** grossed out by the idea that his mother-in-law is in the next room sleeping with her boyfriend," a source close to **Kanye** reveals. "Not only does **Kanye** have to deal with the unpleasant arrangement, so does his wife **Kim Kardashian** and the couple's two-year-old daughter **North West**."

Kanye feels at home at **Kris' Calabasas** mansion and has completely taken over,

it is believed. **Kris** doesn't mind that **Kanye** and **Kim** have made themselves at home, but has told them that their living there won't stop her from having sex whenever she wants. **Kanye** and **Corey** have also never really got along. "**Corey's** cramping **Kanye's** style," the source adds. "**Kris** has spoiled **Kanye** rotten. She cooks for him. Cleans for him. Handles his laundry and even folds his clothes in the specific way that **Kanye** likes it. It's as if he's a royal guest at a five-star restaurant and **Kris** is his personal servant. **Kanye** believes **Kris' mansion** is his 'White House' and **Corey's** presence is uncomfortable for him."



Kanye is not a fan of Kris' nocturnal activities



Cory is really taking Kris' mind off her troubles with Caitlyn

Kanye, however, isn't the only one freaking out about **Kris' active sex life**. "Hearing them have sex is wild and I'm traumatised," **Kim** apparently admitted after hearing the couple in action at **Kris' house** recently. "We were downstairs and we just heard like [claps]," she explained. "It's really a traumatising thing. And the headboard just going..." No one is safe from **Kris' explosive sex life**, it would seem. Viewers are in for some details too. In a preview of the new season of *Keeping Up With The Kardashians*, **Kris' sex life** comes under fire again and she admits, "I literally probably have too much sex." **Kris** has been dating the 34-year-old music exec since early last year. While no one wants to hear their parents having sex, obviously, it's nice to see that **Kris** is moving on with her life and is enjoying everything it has to offer. Perhaps just don't enjoy it *too* loudly, **Kris**?



BY PEARL MPHUTHI



Date Night Or Mate Night?
 IS it just us or are **Ben Affleck** and **Jennifer Garner** spending a lot of time together, after announcing their split just three months ago? Will the pair rekindle their spark? Or are they remaining close friends for the sake of their three children? We're not sure what's going on, but things seem to be super friendly between the 'estranged' couple, who were seen leaving the stylish Nobu restaurant in Malibu. And, to make things juicier, their dinner ended waaaaay after midnight. Looks like we're just going to have to keep our beady eyes on the couple to see what develops...



BY ZARA BRINER

Meet Zendaya, The New Barbie Doll



THE beautiful actress is clearly not letting the whole **Giuliana Rancic** saga get to her anymore, as she's celebrating the launch of a new look-alike Barbie doll. The 19-year-old took to Instagram to share her excitement over the huge honour, posting a pic of the doll wearing the same gorgeous white gown the star wore to the 2015 Oscars and donning the same dreadlocks hairdo that caused the *Fashion Police*

controversy. She captioned the pic: "When I was little I couldn't find a Barbie that looked like me, my... how times have changed. Thank you @barbie for this honour and for allowing me to be a part of your diversification and expansion of the definition of beauty. Can't wait to keep doing amazing things with you."

George And Amal Cause Chaos For Neighbours



IT seems the Hollywood couple won't be welcomed into their new English neighbourhood with arms wide open. **George Clooney** and his lawyer wife **Amal Alamuddin** are renovating their nine-bedroom mansion in the Berkshire village of Sonning, England and it's driving the neighbours mad. "I used to be able to



enjoy a short walk along the river and through the village twice a day. Now I am reluctant to take my dog out because I have no idea what I will be faced with," complains one resident over the number of trucks, adding, "I have lived here for 20 years and never seen anything like this – there is a total lack of respect and disregard for us other residents and there is a really bad negative impact on our village." Another neighbour says, "It is total chaos outside the house – a full-scale building site. There's been a big water carrier going back and forth for the last few days that has caused some havoc." They may need to be patient, because considering the couple plan to build a swimming pool, a 12-seater cinema, and pergola, we don't see these alterations finishing any time soon.

RIVALR-E!

BY ZARA BRINER

Giuliana And Maria's Ugly Feud!



THE claws are out between the E! presenters as sources reveal their feud is at its worst ever...

GIULIANA RANCIC and her E! News replacement Maria Menounos might be friendly with each other when cameras are rolling, but when it comes to their relationship behind the scenes, insiders say they couldn't despise each other more.

While Giuliana made a rare red carpet appearance when she hosted the *Live From The Red Carpet* at the 2015 Emmy Awards recently, it was Maria's absence that left everyone talking. And according to a source Maria wasn't present because of her poor performance when she hosted the *Live From The Red Carpet* at the 2015 SAG Awards in January.

"The network had to keep Giuliana under contract to do all of the award shows because fans hated Maria when she did the SAG Awards," said the source.

Of course, the source is referring to a scheduling mix up on Giuliana's part that opened the door for Maria to host the red carpet show. But what should've been a huge opportunity for Maria ended up something of a nightmare as she received heavy criticism from viewers, who took to Twitter to express their disappointment.

Some blasted her for her poor performance, saying: "Maria Menounos is such a terrible interviewer. It physically hurts to watch this," with another tweeting: "Dear @eonline - never let @mariamenounos host a red carpet show again. She's terrible. Stilted. Searching for words to say. Nightmare."

To make matters worse, viewers even asked about Giuliana, comparing the two in tweets like, "#MariaMenounos is dying on the red carpet. Where on earth is @GiulianaRancic," and, "She's making me miss Giuliana." Ouch! However, despite the negative comments that were thrown Maria's way, a source insisted the network still supported her.

"Maria chalked it up to the fact that she was so nervous and the network sided with her, which p***ed off Giuliana even more. But E! understands that this was a one-time mess-up because Maria is such a seasoned pro at this."

For those who aren't in the know, Maria signed a multi-year contract with E! Entertainment back in 2014 after hosting the entertainment news show *Extra* for three years. This reportedly did not sit well with Giuliana, who became a household name within the E! community.

According to February reports, a source at the time was quoted as saying, "Giuliana feels like Maria is stealing her show and she is terrified. She wants Maria out," while another insider revealed, "Giuliana feels threatened by Maria because of the fact that Maria signed with E! and her contract included *Live From E!*, as well as a stake in the company and her own show." So when Giuliana announced she was leaving E! News in July to concentrate on other projects, everyone assumed it was because she had been kicked off the show and that Maria had instigated her ousting.

After news broke that Maria was set to replace Giuliana, an insider revealed, "Maria is beyond excited at the upcoming opportunity to be the anchor for E! News. She came in gunning for Giuliana's job and she got it." And it doesn't help matters that the ratings for E! News have soared since Maria replaced Giuliana, despite Maria's performance hosting on the red carpet.

But Giuliana vehemently denies the accusation that she was pushed out, saying "It was 100 percent my decision to leave. I brought up the idea to leave three years ago, but E! News kept extending me because they wanted me to stay," she said in a July interview.

And it seems the red carpet battle continues to cause problems for Maria, who, despite being a no-show at the Emmys, is not planning on letting Giuliana stop her from attending red carpet events in the future.

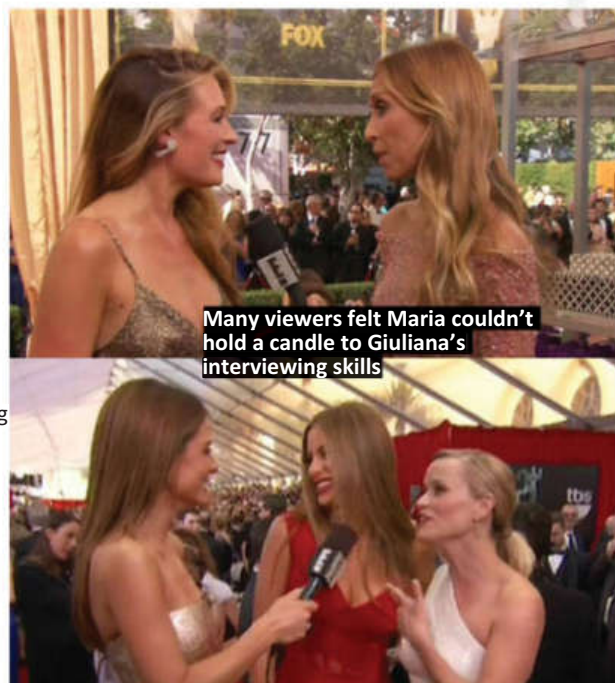
"Maria wasn't happy that she was going to be playing second fiddle to Giuliana, and not doing the award shows is a sticking point," the source explained. "Maria loves getting designer dresses on loan for doing the red carpets. Over time, she is hopeful that

Giuliana won't want to continue to commute from Chicago to Los Angeles to do the award shows. Maria is very focused and determined to become a bigger brand and she thinks that includes hosting red carpet award events.

She has told bosses she can be ready to go if Giuliana gets sick or delayed by travelling." Meanwhile, E! staff members are reportedly doing just about anything to keep the ladies away from each other.

"Giuliana will obviously be at the office during awards season, and the staff is trying to make sure the two women don't cross paths," said the insider, adding, "They've always been rivals. Maria sees Giuliana as competition and it goes back years. They never speak and they won't appear off set together. It's kind of unspoken that if she is in the building, Giuliana wants nothing to do with her."

We have to say, we miss Giuliana on E! News, but Maria does add a refreshing new approach to the show. Hopefully they can find a way to work together?



Many viewers felt Maria couldn't hold a candle to Giuliana's interviewing skills

#peoplespotted

BY ZARA BRINER



PEOPLE
EXCLUSIVE
PICS!

Kerry Katona: What Diet?

ATOMIC KITTEN singer **Kerry Katona** has piled on the kilos again and is letting everyone know she couldn't be bothered. The British star was spotted with her husband, George Kay, enjoying a full day of fun in the sun while on vacation in Spain. And it seems the Mediterranean sun gave **Kerry** an appetite, because she ended her tanning session by stuffing her face with a burger and fries. Well, who needs a diet if you have a husband that looks like that? #HottieAlert!

PICS: GREAT STOCK / MAGAZINE FEATURES



It's Skeletal Tara!

YIKES! Can someone please tell **Tara Reid** that the thigh gap trend is old news? And while we reported on her worryingly thin frame recently, these latest pics of her in a bikini are enough to bring even more attention to the issue. **Tara** was snapped swimming and tanning with her rumoured boyfriend on a Malibu beach. The problem is she looks like she's about to snap in half at any moment! Maybe if she put on a bit of weight and looked healthier she'd be making headlines for the right reasons and join the #thighbrow brigade, but alas... We've said it before and we'll say it again: Eat a burger, girl!

PEOPLE
EXCLUSIVE
PICS!



Get Your
Digital
Version of
people
Now!

OUT EVERY
THURSDAY!



Now you can have the best in celebrity gossip, real life, fashion and beauty at your fingertips all day, any day on your tablet, phone or computer at a fraction of the price! As well as being available as a print magazine at all retailers, you can buy single issues and subscriptions

to **people** magazine to read on your tablet, smartphone or computer – awesome, right? Keep all of our fabulous issues forever in your digital library while saving money weekly on your favourite mag. Don't thank us now; join the digital revolution and see for yourself.

To download, visit www.peoplemagazine.co.za and click on the digital subscription banner.



HOW TO CONTACT US

Email:
people@caxton.co.za
Call:
(011) 889-0600

facebook.com/peoplemag

twitter.com/people_sa

View our pinboards
at Pinterest – pinterest.com/peoplemagazine

Go to www.peoplemagazine.co.za
to download your digital copy

[instagram.com/
people_sa](https://instagram.com/people_sa)



zinio



Couple News

BY ZARA BRINER

Gwyneth Paltrow Is Dating Brad Falchuk



DID Gwyneth Paltrow's rumoured beau, producer Brad Falchuk, just confirm his relationship with the *Iron Man* actress? We think so! Brad, who has been romantically linked to Gwyn for over a year now, took to Instagram recently to upload an adorable pic of him with the blonde babe at the *Scream Queens* premiere and captioned it: "My date and I #screamqueens." And if the pic is anything to go by, they sure do look like a couple to us!

Kaley Cuoco And Ryan Sweeting Call It Quits

THE *BIG BANG THEORY* actress and her husband, Ryan Sweeting, have decided to split after almost two years of marriage, which is sad news, since they were always spotted looking happy together. A publicist for Kaley released a statement recently to confirm the separation, saying, "The couple mutually decided to get a divorce after 21 months of marriage. They ask for privacy at this time. No further statement will be issued regarding this matter." According to a source, though, the divorce was inevitable. "The few times Kaley and Ryan were out together recently, the tension was noticeable. You could tell the honeymoon phase had ended," the source said, adding, "It seemed they were trying to work out their marriage by going on dates, but they both seemed miserable."



GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! SEE PAGE 11 FOR MORE ON ZINIO.

Angelina's Causes Con

BY ANGELA BEKIARIS

SHE'S got a beautiful family and a fantastic career, but Angelina Jolie is still struggling to deal with the loss of her mom. And while she's always putting on a brave and happy face, sources say her secret pain is now causing issues for the entire family. Angie's mom, Marcheline Bertrand, died more than eight years ago after suffering a long battle with ovarian cancer. But for Angie it feels like yesterday, and it's still taking a toll on her. According to sources the star insists on living a nomadic lifestyle as a way of 'running from the grief', while husband Brad Pitt and the rest of her family beg her to settle down.

"Angelina has never been able to accept her mother's death," reveals a source. "There is a lot of anger there over losing her mom at such a young age, just 56 years old. Her kids never got to know their grandmother, and Angelina feels cheated." The source also adds that 'Angelina can't stay in one place longer than several months because she is literally running from the repressed grief'. But her chaotic lifestyle is starting to show – not only has the star become skeletal over the last couple of years, but she's finding it harder to maintain her crazy

lifestyle, which consists of working hard and bringing up six children – Maddox, 14, Pax, 11, Zahara, 10, Shiloh, nine, and Knox and Vivienne, seven. With a busy work schedule, her humanitarian life and her enormous family, those close to her fear she can't cope anymore and are extremely worried about the actress – and the major problems it's causing at home.

"Son Pax recently told his parents he wants to stay in one home longer than two months," claims the insider. "Brad has wanted to settle in one



Angelina with her mother, Marcheline Bertrand

Secret Pain cern

ANGELINA JOLIE is still tortured by the tragic death of her mother and it's causing major issues for her at home.

of their homes too, but **Angelina** absolutely refuses. Moving and uprooting the entire family is extremely hard, but **Angelina** thrives on the chaos. She seems to think it's chic to say her kids are globetrotters and can acclimatise to any type of environment, but kids need stability and consistency. There will be issues for the kids as they grow up if this continues."

But while they've been spending time in London recently while **Pitt** produced movie *The Lost City Of Z* in Belfast, Ireland – perhaps giving **Angie** some time to settle down – it seems the opposite is about to happen. With plans to adopt a new baby – making it the seventh addition to their Hollywood brood – we think **Angie's** chaotic lifestyle is about to get even crazier!

According to reports, **Brangelina** have 'finalised plans to adopt a Syrian orphan, following reports that the actress wanted to take on three siblings'. The Hollywood actress reportedly met up with three Syrian brothers who were orphaned after their father was taken away by soldiers and their mother killed in a bombing incident. **Angelina**, 38, who is also a member of the UNHCR (United Nations High Commissioner for Refugees), is said to have wanted to adopt all three children, but it was claimed that she was stopped as **Brad** allegedly said it would be hard for their children to adjust to the sudden change in family dynamics." Going from six children to nine was just way too much, and **Brad** was concerned about how it would impact their other kids. But **Angie** didn't put up a fight. She knew it just wouldn't work. So they compromised at adopting one," adds the source.



The A-list actress is said to be constantly uprooting her family



Angelina on a UNHCR mission

Couple News

BY ZARA BRINER



Katy And John Back On

WOW. Just when we thought **Katy Perry** and **John Mayer** were finally done with each other, they go and prove us wrong. The on-again off-again lovebirds were spotted at *Girls'* star **Allison**

Williams' wedding recently and looked all loved up. And according to an onlooker things between them are back on. "**John** and **Katy** looked happy. They held hands and sat next to each other during the wedding ceremony," says the source. Since we've almost lost count how many times these two have got back together, we think it's safe to say they're probably destined for each other. That or they're just suckers for punishment.

Liv Tyler Shows Off Engagement Ring?

ALTHOUGH she has yet to confirm the rumours, having reportedly got engaged to her sports manager boyfriend Dave Gardner in December last year, it seems **Liv Tyler** wants everyone to know that she *is* in fact getting hitched. **Steven Tyler's** daughter took to Instagram recently to flash a massive rock on her finger. And while she made no reference to her ring in the caption, saying: "Goodbye for now nyc! Texas here I come #theleftovers," it was her bling that grabbed our attention. The couple have a seven-month-old son together named Sailor. And FYI – **David Beckham's** his godfather!



Nick Cannon Steps Out With Winnie Harlow

EVER since his split from **Mariah Carey**, **Nick Cannon** is on a mission to find love again. The *America's Got Talent* host was first linked to a former contestant, **Samantha Johnson**, earlier this month, with sources claiming it was **Samantha's** uncanny resemblance to **Mariah** that attracted **Nick** to her. Now it seems he's found a new bird to obsess over as new pics show him on a romantic date with **Winnie Harlow**, a stunning 21-year-old model who suffers from vitiligo. The two were snapped leaving Mr Chow, a restaurant in Beverly Hills, and both climbed into the back of a limousine together. We wonder if they were headed for a night cap?





Chris Vs Drake: The Fight For Serena

BY EL BROIDE

JUST weeks after **Drake** made a move on the incredibly successful athlete, **Chris** swoops in.

REMEMBER that time **Drake** got involved with **Rihanna** while **Chris Brown** was desperately trying to win her back? Well, it seems karma has come back to hit the rapper after reports have come to light that **Chris** is into **Drake**'s new girlfriend **Serena Williams**. Now, after **Drake** fired shots at **Chris** on his brand new mixtape, there is nothing stopping **Chris** from exploring the possibility of a relationship with **Serena**.

"All the dudes envy **Chris** for getting the finest girls on the planet," an insider reveals. "Getting women in a war is something **Drake** doesn't want to engage in with **Chris**. **Chris** does have a tennis court in his backyard, and he's single, too. He'd love to have some one-on-one private sessions with her."

Chris and **Drake** see each other often at different concerts and events around America and have kept things civil after their blowout

over **Rihanna** back in 2013. **Chris**, however, has promised himself to give 100 percent to any new relationship and wants to explore the chemistry with **Serena** properly – no matter whose toes he stands on. Naturally, **Chris** couldn't keep his composure after hearing **Drake**'s new track and took to social media to vent. "A lot of people are unhappy and a lot of these artists lie to the fans or rely on hype to gain substance," he wrote. "You n***as bore me. Ima [sic] keep being who God made me to be!" While this type of behaviour isn't uncommon in rapper Tinseltown, it seems the only one who isn't focused on the drama is **Serena** as she makes sure her tennis career remains her number one priority – especially after losing the US Open and her chance at a Grand Slam. So we're assuming she's more focussed on perfecting her game than worrying about which musicians are fighting over her. At the moment, **Drake** and **Serena**'s love affair is heating up but with the way **Chris** is adamant about getting what he wants, we're expecting some fireworks very soon.

Who will eventually win **Serena**'s heart – **Chris** or **Drake**?

PICS: WWW.ELITEPHOTOAGENCY.COM

Trevor Noah's Daily Show Prep

BY EL BROIDE

HOW our local comedian prepared for his new international stint.



Trevor admits he was nervous about taking over from the comedy legend

TREVOR NOAH has done us proud. With *The Daily Show With Trevor Noah* having started recently, Trevor has revealed how hard he worked weeks before the show to make sure that his new gig kicks off with a bang! The comedian has been under a lot of pressure lately, especially since *The Daily Show With Jon Stewart* won two Emmys at the recent award ceremony. But Trevor revealed he has put 'a lot' of hours preparing for his big debut. "Every day it's getting ready and getting into the rhythm of the show!" Trevor revealed. "It starts at 08h00 until whenever. Unless it's like debate night, then it is later. So it's a lot of work! It's been a lot of preparation, preproduction, watching old shows, looking at new stuff, figuring out scripts and writing, and so on. If I have time in the evenings I'll maybe try to catch a show on Broadway or do a bit of stand-up or whatever, then I start my next day working again. But with *The Daily Show*, for the most part you're preparing to be prepared when something happens. It's not like we can write the shows now."

Trevor's preparations have certainly paid off, though, even as he admits that the he was incredibly nervous to take his seat as the host of *The Daily Show*. "The best way I can explain it is that it's almost like skydiving," Trevor claims.

"You have to walk up to the door, jump out and then pray that your preparation and parachutes are enough to stop you from hitting the ground and turning into a flat version of yourself."

Trevor knew he had big shoes to fill, especially since Jon Stewart has been hosting the hit show since 1996! Naturally, Trevor looks up to Jon and reveals that he had reached out to him before his first show. "If I ever get stuck for like a day, I will text Jon. I spoke to him before the launch of the show to seek some advice and wisdom, which he has a lot of, and I was happy to do that," Trevor said. We're incredibly proud of Trevor's success and we can't wait to see how he settles in and what magic he will bring to the show – especially once he's more relaxed in the role. Remember, you can catch *The Daily Show With Trevor Noah* weekdays at 21h00 on Comedy Central.



Jon has been happy to be a mentor of sorts to Trevor



Miley's Stylists Are Fed Up

BY ANGELA BEKIARIS

SOME of her team are ready to ditch her – and her choice of crazy outfits is to blame.



Miley heads to 1 OAK nightclub



Miley stops by Jimmy Kimmel Live



Miley's outfits at the VMA Awards

SHE'S one of the biggest stars in Hollywood, but her whacky fashion sense could cost her...

It seems we're not the only ones who think **Miley Cyrus'** style has met with a little wrecking ball these days. According to new reports, the singer's styling team has had enough of it all and is planning to call it quits with her.

Miley might have a style of her own – which consists of outrageous, barely-there items which gets eyes popping and jaws dropping – but according to the experts in Tinseltown, her style evolution is just too much to work with – so much so that they're ready to quit!

"They want to work with her, but the awful outfits she picks lately are all her own, so they don't

know why they bother," reveals a source, who adds, "Word is, they're at their wit's end." While she's had many whacky numbers over the last few years, insiders say that **Miley** 'had better start searching now for someone to style her during awards season'. "There aren't many who are proud these days to come out and say, 'I styled **Miley Cyrus**'."

However, Simone Harouche, who styled **Miley** for the VMAs, and has been dealing with her client's risqué style for over six years, refuses to agree with her fashionista colleagues, saying she 'loves the star'. "I'll just say that working with **Miley** is an amazing experience. I love her. We have been working together for six years, she continues to evolve and push boundaries as an artist and a

person," she said in a recent interview, adding, "She inspires me and challenges me to expand my own creativity, and not just settle for what's there. She challenges me to always push further." But while Simone still thinks she's amazing – and by the sound of things, she could be the only one left who does – we can't help but wonder what goes through her mind when she puts these outfits on. And let's not even get started on the hairstyles and make-up either! While we don't expect her to go back to the sweet and innocent *Hannah Montana* look, we do hope she calms the **Lady Gaga**-esque fashion down and takes a few fashion tips from some other A-listers her age – **Selena Gomez** or **Demi Lovato**, perhaps? Whacky is not the new black, **Miley**!



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 15

TV MADE 'EM RICH!

BY EL BROIDE

THEY'RE living the high life thanks to their passion for TV, but you won't believe how they're spending their money!

TELEVISION is one of the most popular entertainment media around the world. With the rise in popularity of reality TV and TV series, many celebrities have broken the bank thanks to their roles on certain television shows. This week we have a look at the people who have made a tonne of cash from the phenomenon, and how they spend it!

Amanda Holden

SHE takes our breath away at each and every episode of *Britain's Got Talent* and it's been reported that that she is currently worth R121-million! Not only is she a judge on the hit reality show but **Amanda** also made tonnes of cash penning her autobiography and promoting the supermarket franchise Tesco. She recently joked she is going to ensure each of her nipples for R20-million! Uh... At least we hope that's a joke.



Bonang Matheba

OUR **Queen B!** From her days on *Live* to *Clash Of The Choirs*, from hosting multiple live specials to *Top Billing* to *Afternoon Express* – phew! **Bonang Matheba** seems to have done it all – and has made some serious money while doing so! So how does **B** like to spend her money? On the good things in life, of course! **Bonang** often expresses her love for fashion on her Instagram profile – especially when she adds designer items such as Louboutins to her closet.



Simon Cowell

THERE is hardly anyone who has made as much money as **Simon Cowell** from the world of TV. He was almost bankrupt in his late 20s but now, at 55, **Simon** is worth over R6-billion! He has created shows such as *American Idol*, *Britain's Got Talent* and *The X Factor* and produced stars such as One Direction, Westlife and **Susan Boyle**. Last year he spent R72-million on an apartment in New York, R100-million on an LA mansion, R12-million on a Bugatti, R60 000 a night on his luxury holidays to places like Barbados and R3 600 on haircuts! Phew, talk about living the high life!

Trevor Noah

HE'S made us incredibly proud as the new host of *The Daily Show* in the United States and with that awesome job title comes an awesome salary! **Trevor** is currently worth over R36-million but his net worth is going to grow drastically once he takes over **Jon Stewart's** slot on September 28, which makes around R320-million a year! **Trevor** hasn't blown his money on luxury items just yet but with a huge amount of money coming his way, we expect some outrageous purchases in the near future!



Gary Beadle

HE'S probably the world's most notorious bachelor and already gets an enormous amount of money appearing on MTV's hit show *Geordie Shore* – but he makes around R800 000 extra a month from doing appearances at clubs all around Europe! Not only that but the star also does meet-and-greets with his fans for R40 000! It seems, however, that **Gary** is quite stingy and demands free stuff rather than spending his own 'hard-earned' money.

Ant & Dec

THEY'RE reality TV royalty hosting shows such as *Pop Idol* and *Britain's Got Talent* and it's reported that the two are worth a staggering R15-billion! Accounts proved that the duo earned R464 000 a day in 2004 thanks to their selling their *Saturday Night Takeaway* format to the United States. They make a lot of money but spend it too! The duo love buying property and have spent over R200-million doing so!

Ryan Seacrest

IT'S the 15th and final season of *American Idol* and host **Ryan Seacrest** has been there every step of the way. It could be something about brand loyalty or the fact that he is paid close to R200-million per season. **Ryan** is currently worth R4.2-billion and has been known to splurge on things like a house in the Hollywood Hills as well as some incredible cars such as the Aston Martin Volante.

Chris Evans

THE BBC radio host has just landed the job of hosting *Top Gear* and it's been reported that the BBC will pay him R60-million for the gig! He made a lot of money after selling his media agency back in 2000 but **Chris** drank a lot of that money away at pubs for years and also lost R14-million to Virgin Radio after a bitter court battle. He also spent R24-million on a 1963 Ferrari back in 2010. Yikes!

Ellen DeGeneres

FROM her humble days as a sitcom actress to now hosting a daily talk show, **Ellen DeGeneres'** bank manager is smiling. According to *Forbes*, the actress is currently worth over R4.2-billion! She not only earns money from her TV show but from endorsements and films, and she'll be reprising her role as Dory in Disney's *Finding Dory* next year. **Ellen** loves going on holiday and spends a lot of money when she does. She was spotted in South Africa late last year on an safari and stayed at the luxury Sabi Sands Reserve lodge in Singita.

The Kardashians

WHAT would a TV rich list feature be without the **Kardashians**? *Keeping Up With The Kardashians* and its spin-offs have made the famous for being, well, famous family, mountains of money (remember their new R1.2-billion deal to keep the show running for another three years). However, their public appearances and countless endorsements makes sure that the family is swimming in money – constantly!

The Date FROM HELL

BY ANGELA BEKIARIS

TALL, gorgeous and successful, sure – but **Kendall Jenner** is a dating nightmare, say sources.



Chris Brown



Harry Styles



Justin Bieber



Nick Jonas

SHE'S probably the most beautiful of all the sisters, very successful, and without a doubt the most down-to-earth of the Kardashian-Jenner klan, so why can't Kendall Jenner find a man? According to sources, it's simple – she's a dating nightmare!

While she's been linked to stars like **Harry Styles**, **Nick Jonas**, **Justin Bieber** and **Chris Brown** in the past, and is currently rumoured to be dating **Orlando Bloom** (or is it **Lewis Hamilton**? We can't keep up) **Kendall** is not the easiest catch in Hollywood. And it's all thanks to her strict requirements for potential suitors, say insiders. With everything going for her at the moment, **Kendall** could have any A-list man she wants – but insiders say she's becoming a dating nightmare in Hollywood, adding 'she's a real ice queen'.

According to sources it's not easy to carry a conversation with the gorgeous supermodel. It's said the reality TV star-turned-runway star 'doesn't like to give much of herself when it comes to conversation over the dinner table'. And as if that's not enough, those close to her add it's not only about conversation – it's pretty hard to even sit at the table with her. "She has a set of rules and requirements that scares most

of them away – they can't touch her, her drink or her food."

And as for a simple chat, sources add, "Friends have to sign a confidentiality agreement and be pre-checked and patted down by security before they go anywhere near her."

Kendall is also very strict about appearance. Rumour has it her male companion need to not only act appropriately, but dress appropriately too. Insiders have spoken out, revealing that **Kendall's** dates 'have to submit photos of what they want to wear for approval before the date'. Wowzers!

But while she's being criticised for being so fussy, it seems she isn't bothered by everyone's opinions on her love life. "She doesn't care what anyone thinks because she's determined to not fall for anyone so early in her career. She's very mistrustful of love because of her parents and her sisters' disastrous love lives," says the source.

So we guess the fact that she's been parading around Beverly Hills in nothing but a sports bra and leggings, and getting a nipple ring – something she describes as a rebellious moment – isn't to attract attention? Problem is, **Kendall**, you're creating *all* the attention... It's just keeping it that's the problem!

PREMIER EXHIBITIONS

TITANIC

THE ARTIFACT EXHIBITION

BROUGHT
TO YOU BY
people
magazine



EXPERIENCE

★ STEP BACK IN TIME ★ TOUCH AN ICEBERG ★
★ HEAR THE MUSIC ★ FEEL THE WIND ON THE BOW ★
& MUCH MORE...

JOHANNESBURG
18 SEP '15 - 8 NOV '15

THE ZONE
ROSEBANK

CAPE TOWN
27 NOV '15 - MARCH '16

WATERSHED
V&A WATERFRONT

DAILY 9AM - 6PM

VISIT: WWW.TITANICEXPO.CO.ZA

TICKETS: WWW.WEBTICKETS.CO.ZA



PREPARE for a feast of bizarre facts, shattering real life accounts from survivors, scandalous allegations and harrowing fatal flaws as we piece together week by week the mysterious puzzle behind one of history's most talked about tragedies – the unsinkable Titanic. BY VANESSA PAPAS

THEY SWORE: 'NEVER AGAIN'

THE horrendous tragedy saw major changes implemented to maritime practices.



The 'unsinkable' Titanic...

EVEN before the Carpathia had sailed to shore with survivors investigations were underway to uncover what went wrong on the night the Titanic sank.

Everyone, from passengers, crew, and the families of the dead, to reporters, preachers and politicians, wanted answers. This week we reveal disturbing revelations that unfolded in the weeks following the disaster and improvements that have been made to maritime safety as a result of the Titanic's sinking.

On the surface it would appear simple as to what caused the Titanic's doom – Mother Nature. On a moonless night in the North Atlantic the liner hit an iceberg and sank. Yet, hundreds of books, studies, historians and experts have addressed the deeper question of how a ship of that size – and one so costly and well built – could have sunk. The theories vary widely, placing the blame on everything from unqualified sailors to structural weaknesses in the ship's design.

Shortly after the Titanic sank two inquiries

into the disaster were initiated to investigate whether or not negligence played a role in the Titanic's sinking. The US Senate's inquiry began on April 19, a day after Carpathia arrived in New York, while the British Board of Trade's inquiry took place between May 2 and July 3.

Each gathered testimony from passengers and crew of Titanic as well as crew members of the cargo ship The Californian, Captain Arthur Rostron of ship Carpathia, members of White Star Line, and various experts.



J. Bruce Ismay

Almost immediately following the Titanic's sinking, J. Bruce Ismay, the managing director of White Star Line – owned by the International Mercantile Marine Company (IMM) – was cast as a coward,

with seething citizens gunning to have him thrown behind bars for negligence. The English businessman was onboard the Titanic at the time of the sinking. Despite the principle of 'women and children first' Ismay grabbed himself a seat in one of the collapsible lifeboats and escaped unscathed. He tried defending himself by saying that no women or children were in the lifeboat, or near it at the time, and it was one of the last ones, and so he climbed in. If he hadn't, he'd merely have added one more life, namely his own, to the number of those lost. Of course, the explanation didn't fly. Not only did the world hate Ismay, but his own family turned against him and his wife filed for divorce.

Present-day metallurgists Tim Foecke and Jennifer Hooper McCarty looked



Captain Arthur Rostron and his officers of The Carpathia

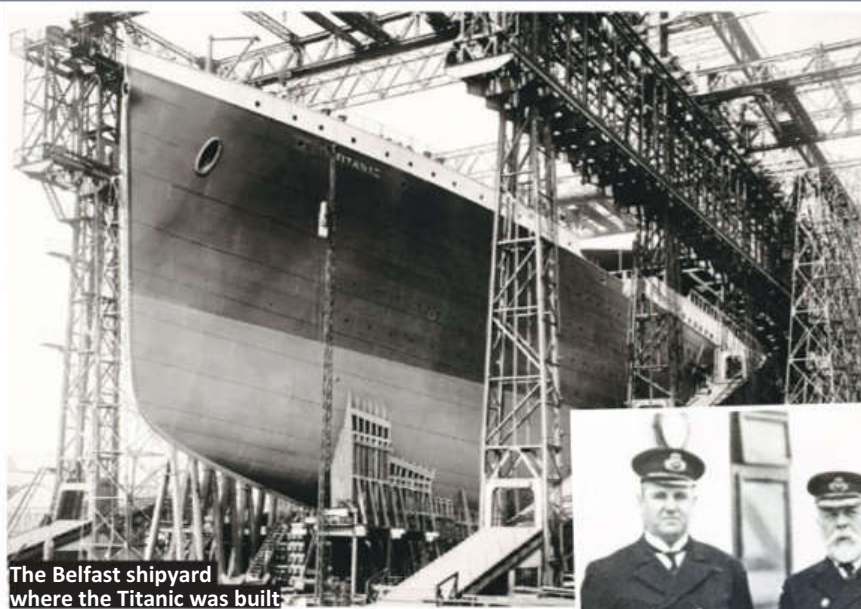


The Carpathia searching for survivors

into the materials used for the building of the Titanic at its Belfast shipyard and found that the steel plates toward the bow and the stern were held together with low-grade iron rivets. Those rivets may have been used because higher-grade rivets were in short supply, or because the better rivets couldn't be inserted in those areas using the shipyard's crane-mounted hydraulic equipment. The metallurgists said those low-grade rivets would have ripped apart more easily during the collision, causing the ship to sink more quickly that it would have if stronger rivets had been used. Other researchers, however, contested that claim.

Neither the US Senate's inquiry nor the British Board of Trade's inquiry found negligence by the IMM or the White Star Line to be a factor of the Titanic's sinking. Whatever the case, a year after the disaster Ismay resigned as president of IMM and chairman of the White Star Line. His reputation never recovered and followed him until his last breath, when he died of a stroke at the age of 74.

Another controversial issue examined by the inquiries was the role played by British steamship, the Californian. The ship, which carried no passengers, had been only a few kilometres from Titanic but had not picked up her distress calls or responded to her signal rockets. Californian's wireless operators had warned Titanic by radio of three large icebergs, which were the reason Californian itself had stopped for the night. Testimony revealed that at 22h10 crew onboard the Californian observed the lights of a ship they agreed to be a passenger liner. They tried to communicate with the ship through Morse



The Belfast shipyard where the Titanic was built

code but were unsuccessful. Two hours later lights flashed out. Titanic fired five rockets, yet the captain of The Californian, Stanley Lord, 34, took the decision to go back to sleep. At



The Californian did not pick up the distress calls from the Titanic

02h15, crew members woke Lord up and told him that the ship could no longer be seen. Californian eventually responded, at around 05h30, and arrived well after Carpathia had already picked up all the survivors. Both the American and British inquiries found that Californian had failed to provide proper assistance to Titanic and the British Inquiry further concluded that, had Californian responded to Titanic's rockets and gone to assist, the ship might have saved 'many if not all of the lives that were lost'. The inquiries

also concluded that the regulations on the number of lifeboats that ships had to carry were out of date and inadequate; that Captain Smith of the Titanic had failed to take proper heed of ice warnings; that the lifeboats had not been properly filled or crewed, and that the collision was the direct result of steaming into a dangerous area at too high a speed. The inquiry findings led to major improvements in maritime safety, such as ensuring that more lifeboats were provided on ships, that lifeboat drills were properly carried out and that wireless equipment on passenger ships was manned around the clock.

An International Ice Patrol was also set up to monitor the presence of icebergs in the North Atlantic. One of the disaster's most important legacies was the establishment in 1914 of the International Convention for the Safety of Life at Sea (SOLAS), which still governs maritime safety today. Additionally, several new wireless regulations were passed around the world in an effort to learn from the many missteps in wireless communications – which could have saved many more passengers.



Captain Edward Smith (right) and a fellow officer of the Titanic (left)



Captain Stanley Lord (bottom left) and other officers of the Californian

Titanic Facts

- * DURING the British inquiry, a 20-foot model of the Titanic carrying 16 miniature lifeboats and a big chart of the north Atlantic was on display for investigators.
- * IN 1915 Californian was torpedoed and sunk, going down less than 320km from the location where Britannic, Titanic's sister ship, would be sunk by a mine just over a year later. As of 2015, Californian's wreck has not been found.
- * CAPTAIN LORD (of Californian) died on January 24, 1962, aged 84, almost half a century after the sinking of the Titanic.

CATCH next week's issue as we bring you more fascinating facts about the Titanic. For the first time in South Africa, The Artifact Exhibition will be held in Johannesburg at The Zone @ Rosebank from September 18 until November 8, 2015 and in Cape Town at the V&A Waterfront from November 27 until February 14, 2016. The Exhibition puts on display authentic exhibits recovered from the wreck of the famous ship. Join us at this awesome exhibition and feel an authentic Titanic experience! Kids under four get in for free.

Cool Stuff

BY LETITIA HEROLD

FROM lifestyle accessories to storage gizmos, we've got you covered with the latest gadgets and trends from the tech world.

Wireless R3 And R1 Audio 360 Speakers

Samsung
THE R3 and R1 Wireless speakers join Samsung's Wireless Audio 360 line-up. Offering high-quality, balanced sound along with premium design they are guaranteed to fit seamlessly into any home environment.



R5 500

Kylie Jenner



SmartBand 2

Sony

SMARTBAND 2 is described as a multi-sensor lifelogger that provides full-scale insight about your fitness, wellbeing and stress levels. Monitor your pulse and heart rate variability whilst achieving your overall fitness goals.

R1799



New My Cloud OS 3 4TB, WD

MAKE your cloud storage more personal with the new My Cloud OS 3 device, which offers greater photo-sharing security, backup and synchronisation.



PRICED FROM R4 799



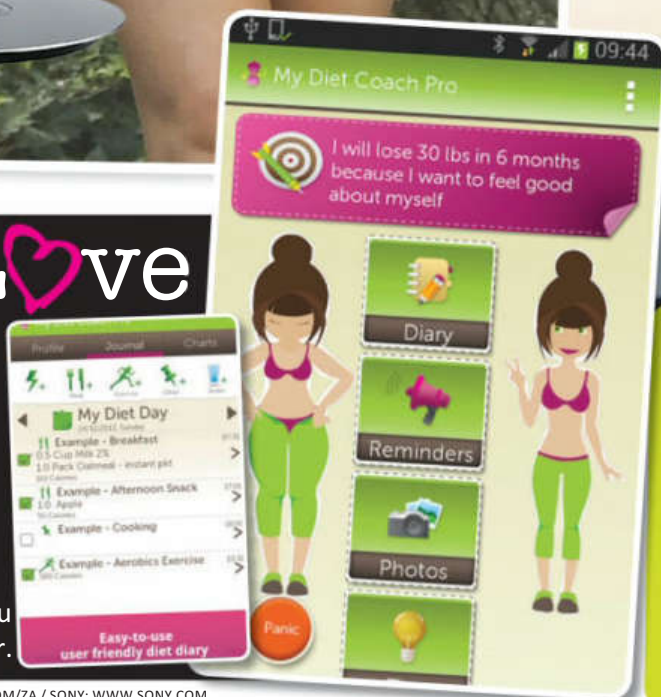
Apps We Love

My Diet Coach Pro: R39.99

Google Play

IT'S time to shed the winter kilos!

My Diet Coach Pro will get you motivated, help you stay on track and curb your food cravings by helping you to plan your meals better and smarter.



Tech News

Apple does it again

TECH giant Apple has done it again with the release of an enormous iPad Pro. The device was released at Apple's iPhone event in September. The iPad Pro is geared for business professionals, although the screen size makes it great for watching movies too.

STOCKSITS: WD: WWW.WD.COM / SAMSUNG: WWW.SAMSUNG.COM/ZA / SONY: WWW.SONY.COM





Jason
Derulo



THE BIGGEST SHOW EVER

OCTOBER 17, 2015

LIVE TELECAST ON
DSTV CHANNEL 405



ChianoSky • Mafikizolo • AKA • The Soil

VOTE NOW
on SATY Awards app



f SATY Awards

@saty_awards

@SATY_AWARDS

ann7.com/saty

#saty2015

ASSOCIATE
SPONSORS



MEDIA PARTNERS



ICT PARTNER



The Pros And Cons Of Social Media

BY ANGELA BEKIARIS

HOW is social media affecting you?

NOTHING is 'official' unless it's been on Facebook, right? Well, as fun as that sounds, it's quite disturbing too. There's no denying the fact that we're all hooked: Facebook, Twitter, Instagram – you name it, we're a part of it. But while it's got our full attention and gets most of our time, the effects of social media can be both fun and painful.

"I've been on Facebook for about six years, but I only recently started worrying about what people have access to. I now just keep my profile to see what friends and family are up to but only place photos of my children on Instagram as it's safer – or so they say," says Catherine, 34. "While I love seeing photos of my friends, I do hate when people tag me or share my posts – I don't want their friends to know about my life. We live in such a dangerous world as it is. It just freaks me out!" she adds.

But whether we like it or not, social media has become the 'place' to be. The place to make 'official' announcements. And, sadly, the place where people express their anger, sadness and the realities surrounding us. While opening up your Twitter feed could be entertaining and informative, it could also leave you feeling paranoid, worried and depressed, say many social media addicts.

"Catching up with friends and family who live abroad is the best part of being on social media," says John, who adds, "I wouldn't know what my family and friends were up to and what they looked like if I wasn't on Facebook and Instagram. It's a great way to stay in touch with people you might only see every few years." However, John adds, "People take it to another level though – I don't care what they're doing 24/7, nor do I have to know the countdown to their wedding day or that they've checked into the gym *once again*."

But while that's just John's opinion – with many thriving on the excitement of someone else's routine and lifestyle, and suffering from serious FOMO (that's 'fear of missing out', for those of you know aren't completely in the know) – social media does have its pains and gains.

For Jess, and many others, it's a way to stay updated at all times. "I use social media for information. I never watch the news anymore as I get all my news online. And while it leaves me feeling paranoid at times to see what's really going on out there, I'm glad I know. And of course, when it all gets too much, I just check out my daily feed, and most of the time have some really good laughs. Sometimes that's all you need before you hit the pillow."

We look at some of the advantages and disadvantages of social networking:

The Cons

- **It Reduces Face-To-Face Interaction:** Social media can eliminate face-to-face socialisation, which also results in miscommunication – it's hard to ignore someone or be rude to them in person, but online anything is said and done. Tweens are at the highest risk there as these are the years they should be learning about communication.
- **Brand Damage:** As fast as you can promote your product, someone else can destroy it.
- **Cyberbullying:** This scary world exists and sadly social media is making it easier for bullies to do what they do best.
- **Crimes Against Children:** Children under the age of 18 need to be monitored as social networks can expose individuals to harassment or inappropriate contact with others.
- **Fraud And Identity Theft:** Sadly, the information you post online is available to almost anyone who knows how to access it – be careful.
- **Time Waster:** Many spend way too many hours of the day on social networks instead of focusing on their work and their families – or even themselves. Social networks can have a negative impact on worker productivity and may even cause a rift between couples and families who spend more time online than bonding with one another.
- **Invasion Of Privacy:** Both in the corporate and private sector, social media allows people to see what you're doing, who you're doing it with and when you're doing it. Anyone has access to your photos, and worse, your private information.

The Pros

- **Worldwide Connectivity:** You can connect with anyone in the world – anywhere, anytime – for business, fun, romance, job-seeking and more.
- **Safety:** Many feel it is safer to connect with friends in the comfort of your own home in the scary world we all live in today.
- **Sharing Information:** One of the biggest reasons people are on social media is to share news, ideas, useful information, gossip, fashion tips, to promote causes and the like.
- **Free Advertising And Marketing:** It's a great place to network – share your product, market it and watch it grow.
- **Commonality Of Interests:** Choosing certain social networks can allow you to connect with people with the same likes or dislikes as you.
- **Real-Time Information Sharing:** The connection is instant, allowing people to be in the know at all times and have constant access to current information.



The Jawas Speak Zulu

(& Other *Star Wars* Facts)

BY WALTON GOLIGHTLY

SOME trivia to whet the appetite of those eagerly awaiting the December release of the seventh episode in the series, *The Force Awakens*, directed by JJ Abrams...



One of the Jawas (who were actually speaking Zulu!)

* WHEN 20th Century Fox attempted to distribute the first *Star Wars* film in the US, less than 40 cinemas agreed to show it. The studio responded by saying that any movie house that refused to show *Star Wars* would not be given the rights to screen that year's potential blockbuster, *The Other Side Of Midnight* (1977) – a flop as it turned out, which ended up grossing less than 10 percent of what *Star Wars* did.

* WITH *Star Wars* a surprise hit, Kenner Toys was unprepared to handle the demand come Christmas. In what became known as the Empty Box campaign, the company sold 'boxed vouchers' for various toys during December, which were then delivered the following March.

* 'JEDI' is derived from the Japanese jidaigeki, a 'period adventure drama' TV genre set in the samurai days and very popular in Japan. The first movie's plot itself is based on Akira Kurosawa's *The Hidden Fortress*, which deals with a famous warrior and a princess who need to be moved safely to allied territory while being pursued by hostiles.

* THE original name of Mark Hamill's character was 'Luke Starkiller', but Lucas changed it, because he felt it was too 'Charles Manson'. At one point, he planned for the characters of Luke Skywalker and his aunt and uncle to be dwarves. Lucas would resurrect this idea in *Willow*.

* SISSY SPACEK, Farrah Fawcett, Glenn Close, Meryl Streep and Sigourney Weaver all auditioned for the role of Princess Leia. Kurt Russell, Nick Nolte, Christopher Walken, Jack Nicholson, Al Pacino,

Sylvester Stallone and John Travolta were among the candidates for the role of Han Solo.

* THE actors found George Lucas to be very uncommunicative towards them, with his only directions generally being either 'faster' or 'more intense'. At one point, when he temporarily lost his voice, the crew provided him with a board with just those three words written on it.

* ANTHONY DANIELS and all other actors playing C-3PO-type droids had to lean against a board to rest, as their costumes were not flexible enough to allow them to sit.

STAR WARS: *The Force Awakens* (also known as *Star Wars Episode VII: The Force Awakens*) is an upcoming epic space opera film which will be the seventh installment in the main *Star Wars* film series. Starring John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac, along with with Harrison Ford, Carrie Fisher and Mark Hamill, the story is set approximately 30 years after the events of *Return Of The Jedi* (1983). In anticipation of the film's release on December 18, we bring you a few juicy tidbits of trivia about the franchise.

* GEORGE LUCAS had encountered so much negativity in getting the original movie to the big screen, even he was sure it would flop. Instead of attending the premiere, he went on holiday to Hawaii with his good friend Steven Spielberg, where they came up with the idea for *Raiders Of The Lost Ark*.



George Lucas



Mark Hamill as Luke Skywalker



R2-D2 and C-3PO



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 25



Chewbacca, and Harrison Ford as Han Solo

* ACCORDING to **Mark Hamill**, studio executives were unhappy that Chewbacca has no clothes and attempted to have the costume redesigned with shorts.

* THE lightsaber sound effect is a combination of the hum of an idling 35mm movie projector and the feedback generated by passing a stripped microphone cable by a television. When Darth Vader crushes the neck of Captain Antilles, the actual sound you hear is of walnut shells being crushed. The same effect is used in *Return Of The Jedi*, when Han Solo is freed from the carbonite. Sound engineer Ben Burt created the sound of Darth Vader's breathing by placing a small microphone in the mouthpiece of a scuba regulator.

* THE language spoken by the hooded Jawa traders in the first film was created by recording Zulu speakers and then speeding up the recording.

* TWO different basic designs were created for the Millennium Falcon. The rejected one became the Rebel blockade runner seen at the start of the film.

* THE Tatooine scenes were filmed in Tunisia. A town in Tunisia's rural south is called Tataouine (Berber for 'eyes'). **Lucas** liked the name so much he adopted it for Luke Skywalker's home world. Some of the interiors and the courtyard of Luke's house were filmed in a hotel in Matmata.

* **LUCAS** bankrolled *The Empire Strikes Back* himself, using his profits from *Star Wars* and a bank loan. He recovered his R440-million within three months of the film's release. He then showed gratitude far beyond the Hollywood norm, by sharing the profits with his employees.

* WHILE they were shooting the incredible battle scenes that open *The Empire Strikes Back* on location in Finse, Norway, a fierce snow storm hit the hotel where the cast and crew were staying. This would have normally halted filming, but director Irvin Kershner thought these weather conditions an excellent opportunity to film the segment where Luke wanders through the snow after escaping the Wampa cave. He did this by sending **Mark Hamill** outside into the cold, while he and the cameraman stayed inside and filmed from the hotel's front hall.

* THE entire Millennium Falcon was built full size for the first and only time for this instalment. It was 24m long, 5m high and weighed about 23 tonnes. It was brought to

Elstree studios, London, in 16 interlocking sections by a convoy of trucks.

* THE scenes where R2-D2 is submerged in the mud pool were filmed in **George Lucas'** unfinished swimming pool. Most of the crew were hidden under the water and the entire sequence was shot by **Lucas** himself.

* YODA'S appearance was originally designed by British makeup artist Stuart Freeborn, who based the face partly on his own and partly on Albert Einstein's.



Yoda, who was voiced by voice actor Frank Oz (who also voices the Muppet Miss Piggy)



The Imperial Stormtroopers



Carrie Fisher as Leia in the lair of the vile Jabba the Hutt

* **CARRIE FISHER** complained about her costumes in the previous two movies, saying they were so long, you could not tell she 'was a woman'. This led to the skimpy outfit she wears as Jabba's slave in *Return Of The Jedi*. Unfortunately, the metal framework that held the top together meant that the costume didn't 'move' well with her, and before each take a wardrobe person had to ensure Leia's breasts were still snug inside the costume top (and several scenes had to be re-shot when 'wardrobe malfunctions' occurred).

* THE slithery noises made when Jabba the Hutt moves were created by sound-man Ben Burtt running his hands through a cheese casserole.

* WHEN Han is looking at the *Millennium Falcon*, perhaps for the last time, Leia places her hand on Han's shoulder. Look closely and you'll see her pinky nail is longer than the others. **Fisher's** 'cocaine nail' is evidence of the actress' notorious drug problems in the 1980s.

* THE point-of-view shots for the speeder bike sequence were achieved by having a camera operator walk through the redwood forest at normal speed with a camera filming at one frame per second. When the footage was played back at 24 frames per second, it gave the appearance of flying at a high speed.

* DURING the first week of the release of the first trailer for *The Phantom Menace* (1999), many US cinemas reported up to 75 percent of their audiences paying full price for a movie, then walking out after the *Episode I* trailer was shown.

* **NATALIE PORTMAN** (Queen Amidala) missed the premiere party in New York because she had to go home to study for her high school final exams. In scenes where Padme and Queen Amidala appear together, **Natalie Portman** is Padme, while **Keira Knightley** plays the queen.



Natalie Portman as Padme

* ACCORDING to the *Star Wars* mythology Obi-Wan's hanging braid is a Jedi tradition common to all Padawan learners. When his master feels that he has reached proper maturity, he cuts the braid with his lightsaber, signifying that the student is now a full Jedi Knight.

* **BENICIO DEL TORO** was originally set to play Darth Maul, but left the film after **George Lucas** cut most of the character's lines (in fact, Maul only has three lines.)

* THE main plot of the movie came from **George Lucas'** first draft of *Star Wars*, written back in 1975.

* COLOURED Q-Tips were photographed in a miniature stadium set in order to provide the background spectators during the pod race sequence.

* THE interiors of the palace on Naboo were shot in Italy's Reggia Reale. The curator, who was there to watch that the crew didn't damage the place, plays one of Amidala's counsellors. The 'water' cascading over the falls, meanwhile, is actually salt.

* OF the movie's 133-minute running time, only 10 to 15 minutes contain no special effects.

* AS **Ewan McGregor** did in *The Phantom Menace*, **Hayden Christensen** made 'lightsaber noises' the first time he was handed one in rehearsals for *Attack Of The Clones* (2002). After chuckling at the young star's antics, **George Lucas** informed him that they probably had people in sound effects who could do a better job in post production.

* A NUMBER of subtle visual clues are intended to help audiences keep track of who's who in *Episode II*. The good guys – the Republic clone troopers – always move from screen right to screen left, while the Separatist Battle Droids move from left to right. The sun is behind the clones, resulting in a gloomier sky behind the Separatists. Finally, the Republic rockets leave clean white contrails, while the villains' missiles leave noxious black/purplish trails.

* *CLONES* is the only *Star Wars* movie where the camera tilts up after the opening scroll to start the scene. In all other *Star Wars* movies, the camera tilts down after the scroll.

* WITH an estimated budget of R1.5-billion, this is the most expensive of all the *Star Wars* films to date. It's also the longest at 142 minutes.

* **EWAN MCGREGOR** and **Hayden Christensen** trained for two months in preparation for their fight sequences in *Revenge Of The Sith* (2005). **Christensen** gained 11kg in the process.



Hayden Christensen and Ewan McGregor as Anakin and Obi-Wan

* **STEVEN SPIELBERG** worked on the climactic lightsaber duel between Obi-Wan and Anakin.

* **ANTHONY DANIELS** (without C-3PO costume), **George Lucas** and his daughters Katie and Amanda all have cameo appearances in the opera scene.

* **HAYDEN CHRISTENSEN'S** cockpit shots were filmed from just outside the front window of his Jedi fighter. When he put his feet in the proper position for operating the fighter, his knees covered his face, so he had to stick his legs out the end of the fighter to get the proper shot.

* C-3PO has the last words in this movie ("Oh, no!") and the first words in *Episode IV*. ("Did you hear that? They've shut down the main reactor.")

* THERE are more than 2 200 visual effects in the film. The first *Star Wars* only had 350. For *The Force Awakens*, the emphasis was on using real locations and miniature models over green screens whenever possible in order to make the film aesthetically similar to the original trilogy.

* AT 63, **Mark Hamill** was the same age as **Alec Guinness** (Obi-Wan) was in the original film.

* ACCORDING to Lucasfilm president Kathleen Kennedy, when **Harrison Ford** and Chewbacca set foot in the *Millennium Falcon* set for *The Force Awakens*, the 200 people present went completely quiet – such is the power of the *Star Wars* legacy.



Get The Look

BY SUZY MUKENDI



WHEN some people think of pink, they look the other way. But that's a major mistake because pink is such a vibrant and fun colour and this season it can be seen all over the place, from runway shows to designer collections. This is definitely a colour that will be huge this spring! Don't be hesitant because of 'rules' like it only suits certain skin tones and body shapes. It suits everyone! So this week, in honour of Breast Cancer Awareness month we will show you why we love pink, and why you should too!

Close Up

ADD some splash to your look with vibrant shades of pink.

CLASSY

Sleeveless Blazer:
R1 799 by Country Road, Woolworths

Blue Heels:
R549, Madison Shoes

Studs: R49.99, LeGit

Bangles: R89.95, Woolworths

Necklace:
R69.99, LeGit

TIP
COLOUR BLOCKING is not dead! Break up tones of pink with metallic accessories.

Polka Dot Top: R159, Fashion Express

Rings: R49.99, LeGit

'70s

Necklace:
R160, Woolworths

Off-Shoulder Top:
R59.99, Mr Price

Jacket: R799, Foschini

Handbag: R275, Woolworths

Shoes: R299.95, Woolworths

Un Pink

High-Waist Pants:
R169.99, Mr Price

Shoes: R599 By Zoom, Zando

ROMANTIC

Necklace:
R499, Mango

White Top: R449, Ax Paris, Zando

Bangles:
R199, Mango

Heels: R279 by Utopia, Zando

Cardigan: R549, Mango

Clutch: R799, Accessorize

Backpack: R159.99, Jet

Shirt: R499, Mango

Assorted Earrings:
R49.99, LeGit

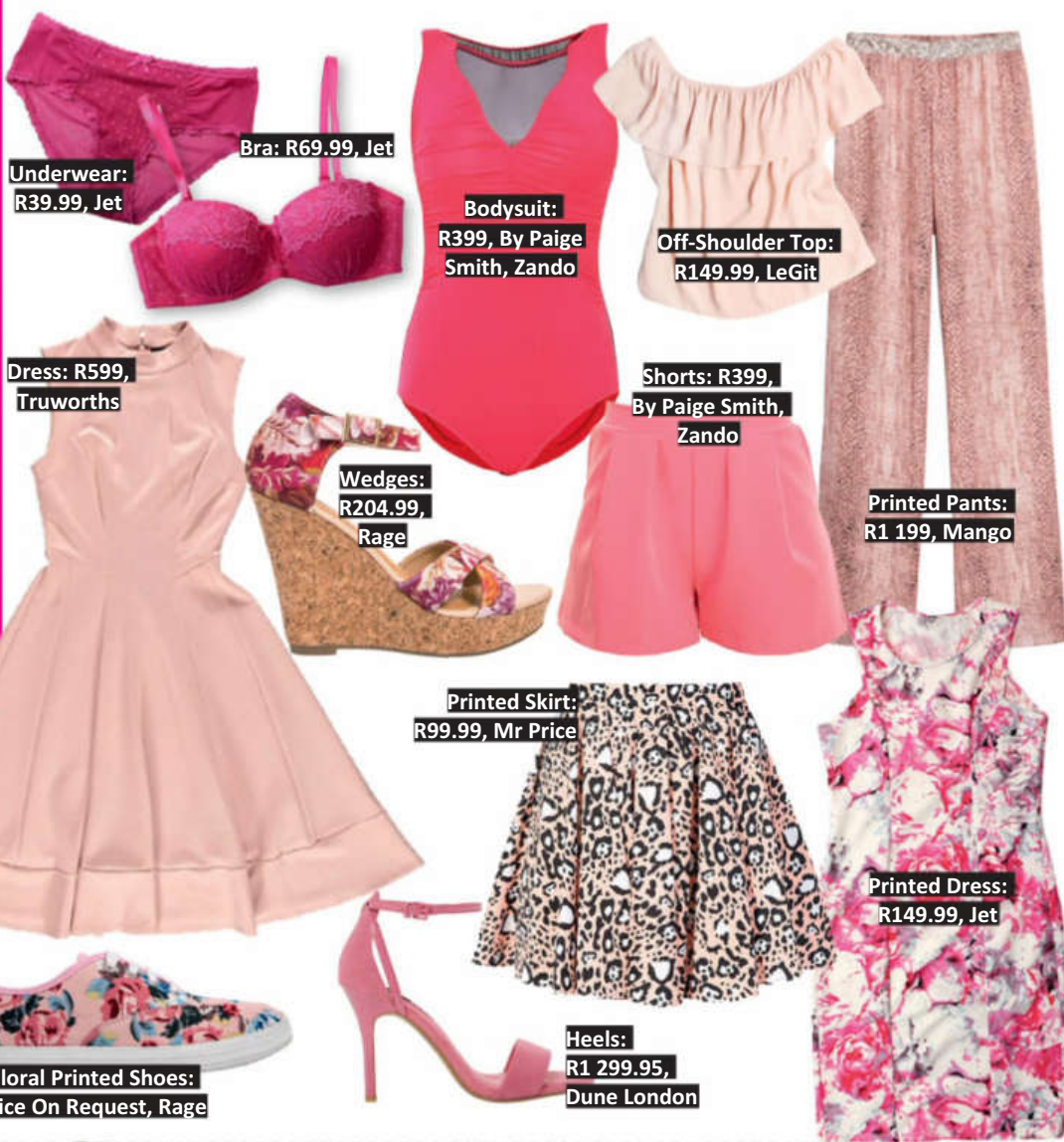
TIP
THE secret to easily mixing pinks is to choose one that's shocking and pairing it with one that's more subdued.

FOR most, pink isn't the first colour that comes to mind when one thinks of events, work wear and evening fashion. However, when done right, pink looks fashionable and pretty. Have a look at ways to wear pink for different themes.

50

Shades Pink

If being pretty in pink isn't enough of a reason for you to invest in this trend, another: Pink is actually known to have a calming effect, an associated with people who are light-



Celebs Who Rock It In Pink

If you need more visuals on how to wear the hue, have a look at these celebs who rock pink.



A Style For

Every Story

STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

OCTOBER is breast cancer awareness month. Did you know breast cancer is the second most common cancer among women? Which is why every year, we try along with millions of people worldwide, to raise awareness and education about breast cancer and to also encourage donations towards research and remind women to check themselves for early signs of the disease. Fashion-wise, to show your support, the colour of choice is pink! From ribbons to clothing to shoes, you become part of a collective force of people to help raise awareness. You might think it's just clothing but it's not – you're actually becoming a part of an important movement. Model and actress **Nicole Flint** shows you how to wear pink for day and eveningwear!



Diamante Drops (Set Of Two): R150, Lovisa
Dress: Price On Request, Gert-Johan Coetzee

A full-page fashion photograph of a woman with dark hair styled in a high, voluminous bun. She is wearing a long-sleeved, form-fitting top covered in silver and multi-colored sequins, paired with a knee-length, peach-colored pencil skirt that features a vertical zipper down the front. She is also wearing a wide, ornate bracelet on her right wrist and strappy high-heeled sandals. Her right arm is raised, holding a piece of the background. The background is a vibrant pink, with large, crumpled sheets of paper or fabric in shades of pink and white, creating a layered, artistic effect. The lighting is soft and even, highlighting the textures of the clothing and the woman's features.

Earrings: R114.50, Colette By Colette Hayman
Top: Price On Request, Gert-Johan Coetzee
Skirt: R799, River Island
Midi Rings (Set Of 16): R170, Lovisa
Bangles: R49.99, Mr Price
Heels: R1 890, By Dumond, Europa Art

Q&A WITH NICOLE

Firstly, what do you love about fashion?

I love that people have their own ideas of what fashion is to them; the world would be a very boring place if everyone thought of fashion in the same way.

Who are your favourite designers?

International: Oscar de la Renta and Roberto Cavalli
Local: Anel Botha, Kluk CGDT and JJ Schoeman.

Describe your fashion taste and style?

Casual chic and comfortable: If you feel good in what you wear then you look good.

What are you doing at the moment?

Planning my wedding!

Must-haves for spring?

Sunscreen, shades, havaianas and a lovely summer dress.

When shopping for clothes, which stores do you go to without fail?

Woolworths, Zara and Forever New.



Necklace: R299.50, Colette By Colette Hayman
Dress: Price On Request, Gert-Johan Coetzee
Bangles: R49.99, Mr Price



Cape: R3 799.95, By Ted Baker, Stuttafords
Crop Top: R549, River Island
Bangle: R114.50, Colette By Colette Hayman
Cuff: R39.99, Mr Price
Skirt: Price On Request, Gert-Johan Coetzee
Clutch: R2 299.95, By Ted Baker, Stuttafords
Stilettoes: R2 350, Castello

How important is Breast Cancer Awareness Month to you?

I know a lot of people who have had breast cancer and cancer in general – it doesn't discriminate. I think every month should be breast cancer awareness month.

What role do you play in increasing awareness for breast cancer?

I have always been involved in CANSA campaigns and I am an ambassador for Great Lengths hair extensions: They put in pink hair extensions for the month of October, and all proceeds go to CANSA.

What advice can you give to someone who wants to raise awareness but doesn't know where to start

Start with what you can; there are always campaigns happening all over SA, just be there for those with cancer, as well as involving yourself with cancer education and awareness.

Necklace: R89.99, Mr Price
Crop Knit: R1 299.95, By Banana Republic, Stuttafords
Mini Skirt: R699, River Island
Stilettos: R3 290, Europa Art



STOCKISTS: CASTELLO: (011) 883-8767 / HAIR DONE BY: SHASHA-LEE AND THELMA DE KLERK FROM HAIRLINE - (011) 452-1852 / MAKE-UP DONE BY: CARLI PRINSLOO - (011) 889-0738 / FASHION ASSISTANT: DENAEL FLORENCE / COLETTE BY COLETTE HAYMAN: 087 808 0080 / EUROPA ART: (011) 883-5354 / GERT-JOHAN COETZEE: (011) 024-4677 / LOUISA: (011) 431-3610 / MR PRICE: 0800 212 535 / RIVER ISLAND: (011) 214-7781 / STUTTAFORDS: (011) 783-5212

HAIR|line

Green Is The New Pink



THE pink link to
make-up awareness.

Beauty

BY CARLI PRINSLOO



THE effects of the ingredients found in beauty products can be more than just skin-deep. Shampoos, make-up, lotions, perfumes and other cosmetics in stores today can contain ingredients linked to breast cancer, infertility, birth defects and other health problems. The cosmetics industry uses thousands of synthetic chemicals in its products that could have negative side effects, but by educating yourself you can avoid these harmful chemicals. Here's what to watch out for on your next shopping trip.

Parabens

Found In: Creams, lotions, ointments and other cosmetics, including underarm deodorants.

PARABENS are a group of compounds that are used as a preservative, an anti-microbial and an anti-fungal agent. They are absorbed through the skin and have been identified in biopsy samples from breast tumours.

Phthalates

Found In: Nail polish and in synthetic fragrance, such as perfumes, cosmetics and personal care products.



PHthalATES are hormone-disrupting chemicals. Phthalate exposure has been linked to early puberty in girls, a risk factor for later-life breast cancer. Some phthalates also act as weak oestrogen in cell culture systems.

Triclosan

Found In: Antibacterial soaps, deodorants and toothpastes to limit the growth of bacteria and mould.

TRICLOSAN is classified as a pesticide and can affect the body's hormone systems – especially thyroid hormones, which regulate metabolism and may disrupt normal breast development. Widespread use of triclosan may also contribute to bacterial resistance to anti-microbial agents.

TIP

USE fewer products with simpler ingredients. Some beauty products contain chemicals that increase breast cancer risk. Ask yourself which products you can do without, since the best way to avoid chemicals is to use fewer products. Each product you cut from your beauty ritual decreases the number and quantity of chemicals to which you're exposed.

Lead

Found In: Sunscreens, foundation, nail colours, lipsticks and whitening toothpaste.

LEAD is a proven neurotoxin, linked to learning, language and behavioural problems. It has also been linked to miscarriages, reduced fertility in men and women and delays in puberty onset in girls.

Isobutadiene

Found In: Shaving creams, spray sunscreens and foundations and anti-fungal treatments.

EXPOSURE occurs mainly through inhalation. This chemical has been found to increase mammary tumours in rodents.



SOURCE: BREAST CANCER FUND – WWW.BREASTCANCERFUND.ORG

Educate Yourself THE importance of being cosmetics savvy.



GAEL BAINES is head of the Glamore Cosmetics

team. She has a PhD from the University of Cape Town in medical microbiology.

After obtaining her PhD she worked at Tygerberg

Medical School (Stellenbosch University) in the Department of Medical Biochemistry for nine years. Recently, Gael has imported the Robanda Anti-Aging skincare range and Omega Labs nail polish range from the USA. In doing so she has worked closely with the CTFA (Cosmetics Toiletries Fragrance Association of South Africa) ensuring that the ingredients in these products are acceptable to all the laws governing skincare products in South Africa.

"When we see a pink bow, we automatically think of breast cancer. There are many charities trying to raise funds for researching a cure for breast cancer. We often believe that there is never enough and wish we could do more to make a difference. Something you can do is to be informed. Being informed undoubtedly includes annual mammogram checks; however it is just as important to know what chemicals are in the products you use. There are many harmful chemicals found in our cosmetics that have been shown to be present in, or associated with, breast cancer tumours. Most people assume cosmetics and personal care products are tested for safety before being stocked on our store shelves. The reality is: Personal care products are one of the least regulated industries," says Gael.

"In the US the Food and Drug Administration (FDA) has only banned 11 chemicals from

cosmetics! In South Africa we have the Cosmetics, Toiletries and Fragrance Association (CTFA), which polices our imported and local cosmetic products. The CTFA ensures that cosmetics are safe and of a high quality. However, not everyone makes use of this organisation, which means that there are still products containing harmful chemicals on our shelves. So next time you think pink and buy your ribbon to support the fight against breast cancer be aware of the ingredients in the products you purchase."

Gael is passionate about Hean, non-allergenic, cruelty-free make-up, which comes from Poland. Visit Glamore's website at www.glamorecosmetics.co.za for more information on their products.

Glamore Cosmetics
www.glamorecosmetics.co.za

continues on page 36...



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 35

Consciously Glamorous

THESE products will keep you looking great, while giving back.

BREAST Cancer Awareness Month is every October in South Africa. It's a vital programme when looking at the statistics: according to the South African National Cancer Registry, one in 29 women in South Africa will be diagnosed with breast cancer. With medical advances constantly striving to win the fight, the disease is treatable when detected early. You can do your part to help this fight by buying pink during October.



Mandy's Cause

FOR the third consecutive year Mandy's have committed to support the PinkDrive during Breast Cancer Awareness month and will donate R2 from each specially marked Hair Removal Lotion purchased during October to this worthy cause.

Mandy's Hair Removal Lotion, R71.99

eyeSlices – Empowering Women

EYESLICES, a proudly South African-developed, globally distributed cosmetics eye care brand, has decided to do their bit to go pink and contribute towards the cause. During the month of October, eyeSlices will not only package their products in their iconic clam pack in pink along with a pink hand-beaded ribbon, they'll also donate R5 of every pack sold during this month



Gel Eye Pads: R200, eyeSlices

towards the Look Good, Feel Better Organisation (www.lookgoodfeelbetter.org). Look Good Feel Better provides a free-of-charge, two-hour beauty workshop specially designed to assist women to manage the appearance-related side effects of chemotherapy and radiotherapy. So this October, let us empower, uplift and rediscover our beauty inside and out by supporting Breast Cancer Awareness Month. Put on your pink and let's stand together in the fight against cancer.

Fight Like A Lady

NEVER underestimate the power of a woman. This October it's time to stand up and fight like a lady with Morgan Taylor. The purchase of this mini four pack will help support the fight for breast health and fund research for a cure. The product includes one of each of the colours: Sweet Surrender, Sweetest Thing, Lip Service and Prettier In Pink.



The limited edition is on shelves from October 2015 for R220 per set

ghd Cares

THE iconic hair brand aligns with PinkDrive, a well-loved breast cancer community carer, once again. Not only will PinkDrive receive a percentage of sales on ghd's annual limited edition pink styler, but

ghd will also align to support this very important cause in relevant ventures for the next year. ghd has been a long-standing advocate in the fight against breast cancer after launching the first pink styler and breast cancer campaign in 2004 and strives to support this essential mission going forward.

PinkDrive provides free women's health services to disadvantaged communities by way of mobile mammography and gynaecology units. "We are delighted to join forces with ghd South Africa and we hope by our association more and more women will become breast aware. Early detection saves lives," says Noelene Kotschan, CEO and founder of PinkDrive.



The Pink Styler, R2 399, ghd

Eco Conscious

PURE BEGINNINGS' Organic Care roll-ons are free of all harmful chemicals, including aluminium and parabens. In the fragranced variants, subtle blends of essential oils add a sophisticated scent, which keeps you feeling natural and relaxed all day. A completely fragrance-free option is also available. The deodorants are designed to target the bacteria that cause body odour, rather than inhibiting the body's natural sweating process.



All deodorants retail for R59.99

Star Power: Beyoncé

GET her signature look in 60 minutes.

SHE'S as famous for her ever-changing looks as she is for being a workaholic singer, actress, and all-around superstar. But her beauty routine is signature, and here is her secret to staying fierce in 10 steps. If there's anyone who has girl power, it's Beyoncé.

BEYONCÉ is known for keeping her skincare routine short and sweet. Her tips for a clear complexion? Always go to bed with a clean face, stay hydrated, slather on the sunscreen and use primer before applying make-up. "I use a make-up primer, and then I use a lot of powder to keep everything in place."



BEY'S long-time make-up man, John Barnett, passed on a make-up secret to **Beyoncé**: use eye cream all over the face. "It has smaller particles as it's meant to deliver ingredients to an area that's more delicate, so it really absorbs," he says. However, in addition to being a particularly expensive technique, it could be risky depending on the formula. It could increase breakouts since the active ingredients could be too active for your skin.



BEYONCÉ always has that velvety sheen from top to bottom. She admits to 'layering on bronzers for public appearances'.

"I ALWAYS keep a pair of Ray-Bans handy! And sometimes I put a little gold eye shadow in the inner corners of my eyes – it's more subtle than white, but it still really makes you look more awake."

Gold And Khaki Shimmer Eye Shadow: R44.50, Ralo

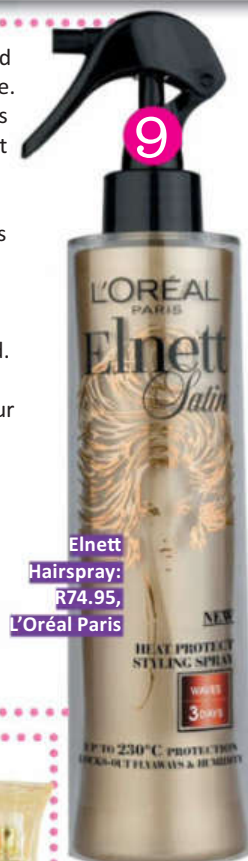


"I USUALLY go for a waterproof mascara, or a strip of false lashes when I'm onstage, so I won't get smudgy."

Better Than False Lashes Volume Mascara: R79.95, Catrice



HER curls don't hold themselves on stage. "I love L'Oréal Paris Elnett hairspray – it holds like nothing else. In real life, I like natural curls as opposed to 'I just put a curling iron through my hair' – almost bed-head. Not too perfect. I love when my colour grows out a little bit and the tips of my hair look sun-kissed."



Elnett Hairspray: R74.95, L'Oréal Paris



SHE wears her signature fragrance, Heat Rush, every day. "I put it on as soon as I get out of the shower. I wear it onstage, in the studio, on dates," **Bey** reveals.

Heat Rush Eau De Toilet (50ml): R450, Beyoncé

Battle Of The Pinks

IN the spirit of Breast Cancer Awareness Month, we encourage you to think pink! Pink hair is still going strong and there are a lot of ways to make the hair colour work for you. From Iggy Azalea's pastel tips to Jenny McCarthy's full-head fuschia, we dare you to go pink.



Nicole Richie



Jessie J



Iggy Azalea



Jenny McCarthy

Two Assorted Colour
Pack: R250,
Britelites



WANT a non-permanent way to try out pink hair? Britelites is a vivid temporary hair colour. Simply colour it, rock it and wash it!

Beauty Q&A

YOUR beauty questions solved.

DEAR CARLI,
HOW do I choose the correct moisturiser for my skin type?
Dried Out

DEAR DRIED OUT,
CHOOSING the right type of the moisturiser is, of course, very essential for a successful skincare routine and for achieving results. Still, sometimes it's quite a challenging task, because in the myriad of moisturisers, it's really difficult to find the perfect one. So to make it easier, think of it this way: if your skin is dry or sensitive, or both, you should look for products that are labelled accordingly and are formulated for that particular skin type. If you have acne-prone skin, then non-comedogenic moisturisers are what you actually need.

DEAR CARLI,
HOW do I make eyeliner last all day?
Cr-eye-sis

DEAR CR-EYE-SIS,
FIRST of all, what you need to buy is a formula that is waterproof and smear-resistant. And remember that eyeliner generally smears when meeting oil on the skin. Thus, to prevent this from happening you should dab an eye-shadow brush into pressed powder and apply this along the whole lash line to prepare a base for the application of the eyeliner. This way the presence of oil will be at a minimum, preventing the smudging of eyeliner successfully. One more thing is applying powder right before the mascara to prevent your lashes getting cakey.

DO you have a beauty problem you just can't solve? Then e-mail **people's** Beauty Editor, **Carli**, for all your beauty enquiries at carli@caxton.co.za.

Oil To The Rescue

IS your skin is sending out an SOS?

BIO-OIL supplements the skin's natural oily layer that has a decreased functionality due to chemotherapy and radiation therapy. Daily use of Bio-Oil during cancer treatments has multiple benefits.



Bio-Oil is available at pharmacies and select retail outlets nationwide in 60ml (R72.99), 125ml (R104.99) and 200ml (R149.99)

ALLEVIATES itchiness and prevents peeling.

IMPROVES dehydrated and dry skin.

SOFTENS cuticles and cares for dry, brittle nails.

IMPROVES the appearance of surgical scars.

IMPROVES the appearance of uneven skin tone and pigmentation.



FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.



BY LISA RALEIGH

GET A BUTT LIKE HILARY'S

HILARY DUFF has admitted to having had weight issues in her younger years, but has since adopted a healthy attitude to diet and exercise. The petite star has been sporting a seriously strong physique of late, thanks to ongoing tough workouts:

- **Don't Run On Auto:** Hilary hates routine exercise and makes sure her workouts differ every session.
- **Get Functional:** Rather than weight machines, the star opts for functional training equipment like medicine balls, battle ropes and giant rubber bands.
- **Make It Incidental:** As a mother of a growing toddler, Hilary credits carrying her child around to torching additional calories.
- **Choose Fun Snacks:** Hilary skips the trail mix and goes for fun food combos, like crackers topped with avocado, chia seeds, lemon and coriander.
- **Go Easy On The Alcohol:** Hilary admits to a love of wine, but knows that that's the first thing that needs to go when she's trying to eat clean. It's not only the empty calories, but also the bad food choices that come along with it after a glass or two.

INCLUDE these three medicine ball moves into your routine to get a booty like **Hilary's**:

Compound Squat With Ball

START with a medicine ball held in both hands above your head and feet more than hip-width apart. Sink down into a squat, lowering the ball and reaching it down and to the side as you do. Pause for a moment then rise back up and repeat, this time reaching to the opposite side. Aim for three sets of 10 – 15 reps.



2

Deadlift With Ball

STAND with a medicine ball held in both hands, with feet hip-width apart. Keeping your arms and torso straight, bend down, lowering the ball towards the ground. Pause for a moment then rise back up to your starting position. Aim for three sets of 10 – 15 reps.



Single-Leg Bridge With Ball

LIE on your back with a medicine ball held directly above you in both hands and knees bent. Raise one leg directly up above you then lift your body off the ground until it forms a straight line from neck to knee. Pause for a moment then lower back down to the ground. Aim for three sets of 10 – 15 reps with each leg.



Body News

BY ANGELA BEKIARIS



PICS: GREATSTOCK

**PEOPLE
EXCLUSIVE
PIC!**

Brooks and Julianne

Help A Loved One Get More Active

THERE'S always that one lazy bones in the family!

If you want a training partner, and feel that your loved one could use the exercise, it's time to get them moving – and get you both dedicated and motivated. We share some tips on how to get your loved one involved, courtesy of www.healthfinder.gov.

- * **Suggest Activities You Can Do Together:** Start small with a walk after dinner or on a Sunday afternoon. Do crunches (sit-ups) while you watch TV. Learn new stretches and warm-up exercises. Join a fitness class – something you both enjoy doing.
- * **Make It Part Of Your Regular Routine:** Meet up at the local gym or fitness class after work, or go together before work. You can also ride your bikes around your estate or neighbourhood – but be safe.
- * **Be Understanding:** Be supportive when discussing the reasons they don't like to exercise.
- * **Recognise Small Efforts:** Be patient – a little physical activity is better than none.
- * **Choose Healthy Gifts:** When it comes to birthdays or special occasions, choose gifts that encourage your loved one to be more active such as new trainers, hand weights or a gift certificate to a gym or exercise class.

Julianne Trains With Her Partner

TRAINING with friends or your significant other is a great way to stay motivated and fit. Hollywood's **Julianne Hough** was seen out for a bike ride with fiancé **Brooks Laich** in Manhattan Beach recently, both looking fit and happy while enjoying their workout and the outdoors.

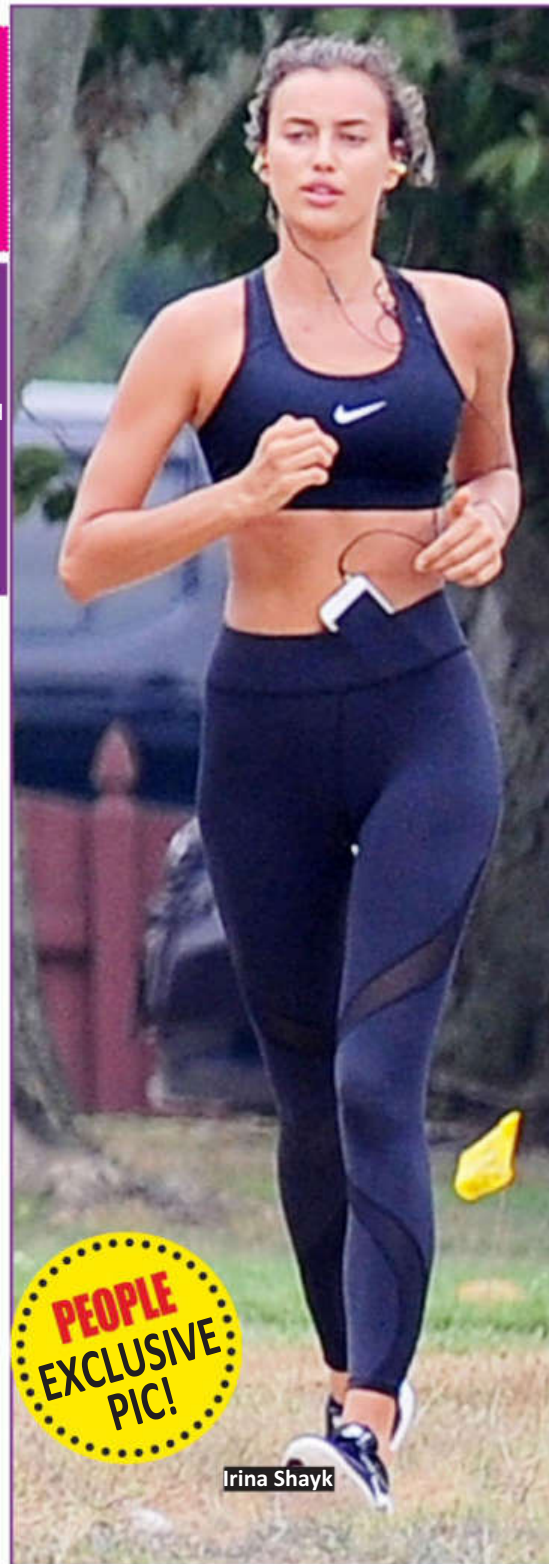
Gorgeous Irina Spotted Jogging

THERE'S no questioning the fact that **Irina Shayk** is one of the most beautiful women in Hollywood – and has a body most women would kill for. And while she's moved on from **Cristiano Ronaldo** and spending time with **Bradley Cooper** these days, there's one thing she never stops doing – and that's training. The star was seen taking a jog in Atlantic City on America's Labour Day recently, showing off her flawless figure.

Irina's Fitness Secrets Revealed

WE went digging and found out a little about the sexy star's fitness regimen.

- * The supermodel prefers not to be skinny and spends time in the gym because it makes her feel good and gives a well-toned figure.
- * She believes that while one can inherit a good body, it is very important to take care of it.
- * According to her, laziness should be avoided to keep a taut shape.
- * She believes in striking the right balance – she eats what she likes and sweats it out in the gym. This, according to the star, saves her from sudden food cravings.
- * She says 'No' to muscle-building exercise and avoids heavy workouts like exercising with weights above 2.2kg, kettle bells, lunges and jumps.
- * She jogs for 15 minutes in the beginning of her workout to warm her up for exercising, followed by cardio sessions for more than one hour with intervals of 30 minutes.
- * She focuses on exercises like cycling, running and boxing and mixes them every day so that her body slowly gets adapted to the routine.
- * **Irina** uses a combination of boxing and pilates to keep her 'bikini ready'.
- * For **Irina**, relaxation is important and over-training is harmful.



**PEOPLE
EXCLUSIVE
PIC!**

Irina Shayk

Get Fitness Ready



Top: R699,
Wool

Pants: R79.99,
Mr Price

Gloves: R279, Nike

STOCKISTS: MR PRICE: 0800 212 535 / WOOLWORTHS: (011) 290-1011 / NIKE: (011) 883-8883

Did You Know?

ACCORDING to mayoclinic.org, the US Department of Health and Human Services recommends that healthy adults include aerobic exercise and strength training in their fitness plans, including at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.

Breast Health Starts With Breast Awareness

CATCH the warning signs before it's too late.

TO promote breast health, consider doing regular breast self-exams. According to experts, with practice, you'll discover how your breasts vary in sensitivity and texture at different times during your menstrual cycle. Know what's normal and when to consult your doctor. Look out for breast lumps, breast pain or nipple discharge. Make sure to have regular screening and diagnostic tests such as clinical breast exams, mammograms and breast ultrasounds.

Tip

WOMEN'S life stages are often marked by specific signs and symptoms, such as menstrual cramps, mood swings, hot flashes and weight gain. Make healthy lifestyle choices in order to help you feel better throughout all stages.

What Causes Postnasal Drip?

MANY of us suffer from that horrible postnasal drip – the excess mucus production. But why? We reveal some of the causes:

- * Colds
- * Flu
- * Allergies
- * Sinus infection or sinusitis
- * Pregnancy
- * Certain medications – including some birth controls and blood pressure medications
- * Changing weather fronts, cold temperatures, or very dry air
- * Certain foods, like spicy foods, may trigger mucus flow
- * Fumes from chemicals, perfumes, cleaning products, smoke, or other irritants



Irina Shayk's Diet Plan

WHILE we know she trains hard, **Irina Shayk** also watches her diet. According to sources, the model consumes plenty of water to keep her skin and hair in great condition. She also does not believe in dieting, and occasionally pampers herself with ice creams and cakes. She also likes to take a day off, lying on the bed, watching TV and enjoying pizza, say reports which add that eating restaurant food is a 'no' for her. She consumes whole fruits and vegetables, breads high in fibre, skimmed milk, tofu and clear soups. She also drinks citrus juices, which she says are a great source of vitamin C and help her maintain beautiful skin.



Kim's Preggy Diet Plan

SHE'S been flaunting her pretty belly around, But **Kim Kardashian** has been following a strict diet plan too. According to sources, the reality star has been told to eat a lot of fibre as pregnancy vitamins can lead to constipation which can be negated by eating a fibre-based diet. insiders say the mom-of-one is also eating a lot of vegetables, fruits, whole grains, edible seeds, wheat berry, milled oats, chia seeds, flax and psyllium seeds – all of which have a lot of healthy fats along with loads of fibre. And as for what to avoid, sources say the reality diva – who is also eating a little extra these days, at least 300 calories extra on a daily basis – was told to avoid foods such as raw fish, cured meats, deli meats, and artificial sweeteners.



Eye Care Is Vital

EXPERTS say it's important to think about common vision problems as you age, from difficulty reading small print to cataracts and glaucoma. Knowing what's normal, and what's not, say experts, can help you get the best eye care.



6 Symptoms You Shouldn't Ignore

WEBMD.COM shares some symptoms we all need to look out for:

1. **Weakness In Your Arms And Legs:** This could be a sign of a stroke, especially if it's on one side of your body.
2. **Chest Pain:** Chest pain or pressure can be a sign of heart disease or a heart attack, particularly if you feel it after being active. You could also have a blood clot moving into your lung, say experts.
3. **Tenderness And Pain In The Back Of Your Lower Leg:** This could be a symptom of a blood clot in your leg. It's called deep vein thrombosis or DVT.
4. **Blood In Your Urine:** You may have kidney stones, or it may be a sign of kidney or bladder cancer.
5. **Wheezing:** It could be from asthma, caused by pneumonia or bronchitis.
6. **Suicidal Thoughts:** If you feel hopeless or trapped, or think you have no reason to live, get help.

CELEBS WITH DEPRESSION

MENTAL health is just as important as physical well-being.

MANY of Hollywood's finest stars have battled depression over the years. We share some of their stories:

✱ **Ryan Phillippe:** The *Cruel Intentions* actor says his battle with depression began at a young age. "As you get older, I think it decreases some, but I'm just innately kind of a sad person," he said in an interview.

✱ **J.K. Rowling:** The woman behind *Harry Potter* admits she felt despair while writing the magical novels. Her dark moods even inspired her series' soul-sucking creatures known as Dementors. "It's so difficult to describe [depression] to someone who's never been there, because it's not sadness," she told **Oprah Winfrey** in 2010. "But it's that cold absence of feeling – that really hollowed-out feeling."

TIP:

OVER-THE-COUNTER sleep aids can be effective for an occasional sleepless night, but they're not meant for long-term use.

Work Stress Making You Unhealthy?

YOU might not realise it, but staying healthy at work makes it easier to do your job. Make sure you have proper office space ergonomics – such as correct chair height, proper equipment spacing and good posture. Try to avoid being stressed and make sure you stay healthy both in the office and out. Experts suggest you exercise regularly, even if your job keeps you moving, and do gentle stretching in your workday. Staying healthy at work also extends to your mental health and family life – medical site mayoclinic.org suggests we consider strategies to boost job satisfaction, improve work-life balance and prevent job burnout.

Suffering From Major Or Clinical Depression?

WHAT is major or clinical depression, you ask? According to webmd.com it is marked by 'a depressed mood most of the day, particularly in the morning, and a loss of interest in normal activities and relationships – symptoms that are present every day for at least two weeks'. Webmd.com shares some symptoms associated with major depression:

- ✱ Fatigue or loss of energy almost every day
- ✱ Feelings of worthlessness or guilt almost every day
- ✱ Impaired concentration, indecisiveness
- ✱ Insomnia or hypersomnia (excessive sleeping) almost every day
- ✱ Markedly diminished interest or pleasure in almost all activities nearly every day
- ✱ Restlessness or feeling slowed down
- ✱ Recurring thoughts of death or suicide
- ✱ Significant weight loss or gain (a change of more than five percent of body weight in a month)

Did You Know?

MENTAL health includes issues such as self-esteem, relationships and resilience. According to sources, if you're struggling with self-esteem, denial or other mental health issues, remember that help is available.



Ryan Phillippe



J.K. Rowling

See next week's issue for more about celebs battling depression.

Women & Clinical Depression

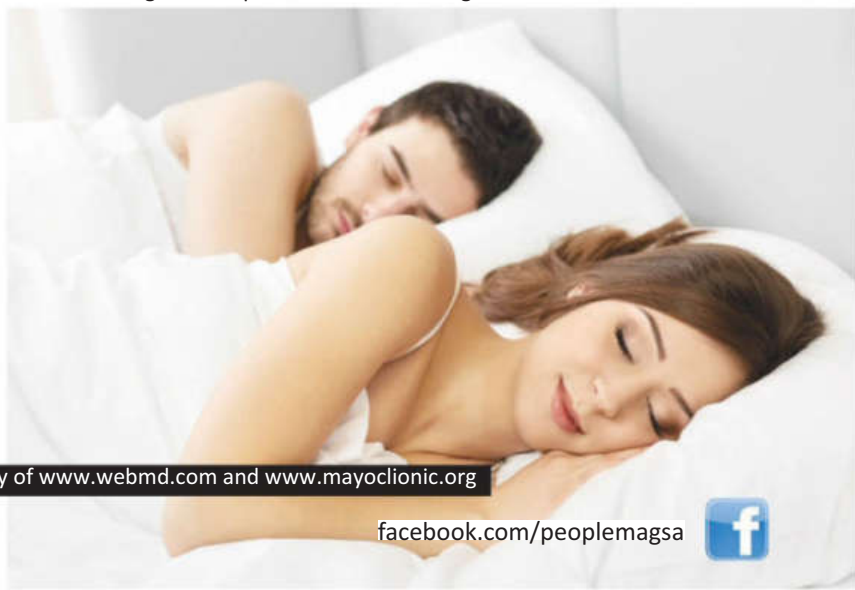
SOME factors which boost the risk of clinical depression in women who are biologically vulnerable to it include increased stress at home or at work, balancing family life with career, and caring for an ageing parent. Raising a child alone will also increase the risk, say experts.

Signs Of Major Depression In Men

IRRITABILITY, anger, or drug and alcohol abuse (substance abuse can also be a cause of depression as opposed to the result of it). When men repress their feelings it can result in violent behaviour directed both inwardly and outwardly as well as result in an increased risk of illness, suicide and homicide.

Get Enough Sleep

ACCORDING to experts, to improve your sleep, consider simple self-care tips, such as sticking to a sleep schedule and relaxing before bed.



Courtesy of www.webmd.com and www.mayoclinic.org



Dr Karen Koch,
a general
practitioner,
answers
your health
questions.

DEAR DOC,
I'VE got a friend's wedding coming up. I'm the maid-of-honour, so I want to look my best. I know sunbeds are unhealthy, but they give me an all-around colour which looks natural and healthy. I haven't found a self-tanning product which doesn't smell or leave me looking orange. What is a pale girl to do?

It's Just Not Fair

DEAR IT'S JUST NOT FAIR,
SUNBEDS or indoor tanning use ultraviolet radiation (UVA) to induce the natural production of melanin in the skin. In the past the medical community generally thought that UVA exposure was not as serious as UVB radiation in its ability to

cause skin cancer. The medical community has now accepted the fact that UVA exposure on its own poses a significant risk of skin cancer.

Tanning beds are on their way out. Did you know that more people develop skin cancer because of tanning than develop lung cancer because of smoking? Those who use tanning beds (as few as 10 sessions over a lifetime) have an additional 34 percent risk of developing melanoma.

Brazil and New South Wales, Australia, have passed complete bans on indoor tanning. Most of Europe has banned the use of sunbeds to those under the age of 18.

What I'm trying to say is – please, please, please don't use tanning beds! There are great self-tanning products around.

My personal favourite is St Tropez gradual tan lotion, which doesn't have any of that 'tan' smell. For a 'perfect' tan get a professional spray-on.

DEAR DOC,

MY mother-in-law is a compulsive liar! She lies about things that are so obviously untrue and inconsequential that it simply makes no sense. I haven't called her out on it, so she probably thinks I'm a complete idiot. I have no idea what to do. Should I confront her?

Mother-In-Lies

DEAR MOTHER-IN-LIES,

IF it were anyone other than family or a close friend, walking away from the situation would be the best option. People lie for many reasons. Some of them are founded in deep psychological issues whilst others are simply signs of a manipulative or underhand individual. Somebody who lies – especially when it's just to test your gullibility – may have a disturbing personality disorder. Your mom-in-law may have a deep sense of insecurity. Confronting someone about a lying problem is challenging. The person will most likely become defensive and resist treatment. The more you push the issue, the more the person may resist.

The only thing you can do is voice your concern and offer help. Spending time with a liar can be frustrating and exhausting, so if the person does not want to seek help, you will need to decide if it's worth your energy remaining supportive.

DEAR DOC,

I HAVE a stressful workplace filled with nasty politics and petty disputes. It gets me so emotionally wound up and instead of having quality time with my family, I'm usually seething over some stupid issue. How do you get rid of all that frustration before getting to your front door?

Pressure Cooker

DEAR PRESSURE COOKER,

MANY experts talk about 'work-life balance', but most don't directly address the practicalities of leaving work issues at work so you can enjoy your home life. We all do take stress home with us. But the world seems to be getting crazier and unless you consciously make an effort in setting aside work issues, you will be fuming over them all night.

Some techniques which may work for you include:

- * Use your commute time home to unwind/vent/give a long lecture to the steering wheel. Alternatively try to do something you enjoy – listen to music or an audiobook.
- * Before getting home, let your mind start focusing on your family and home rather than work stuff. Who do you need to call? What are you going to make for dinner?
- * When you get home, pay full attention to whoever's waiting for you. Try to leave your issues behind as you step through the door.
- * Stick to social engagements and exercise plans after work. If you've had a really bad day you may want to simply hide under your duvet. However, if you do actually meet friends or do a yoga class, you will find yourself with a lot more energy.

 E-mail any questions to people@caxton.co.za and write 'Dear Doc' in the subject line.



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 43

The 10 Hottest Stars On The Beach This Year

LIFE'S a beach for Hollywood's hottest stars and some have been bowling us over with their bikini bodies this year.

1. Rihanna

THE undisputed bikini queen this year is **Rihanna**. We've lost count of the number of times she's shown off that perfect figure as she enjoyed a well earned break back home in Barbados including a racy carnival fling with Formula One ace **Lewis Hamilton**.

BODY SECRET: IT'S hard to believe but 27-year-old **Diamonds** singer **RiRi** has had her fair share of body battles down the years. Even now she insists she's having to deal with cellulite – and she must be winning judging by her form on the beach recently. **Rihanna** likes to eat which means her hot body secret is simple. "A lot of hard work," she says. "Cardio is key. I lift weights, but I don't want my legs to bulk up, so I do a lot of cardio. I don't really like the gym because I get bored so I try to mix it up and keep working out interesting. As for diet," **Rihanna** adds, "Carbs are the enemy! I hate vegetables, but I make myself eat them."



PEOPLE
EXCLUSIVE
PIC!

FROM ravishing **Rihanna** basking in Barbados to jaw-dropping **Dame Helen Mirren** still sexy at 69, a host of leading ladies have been showing how to take a break and be beautiful. This week we look at international celebs who work hard to look so good and others seem to be born beach-ready – or so they claim. Here we take a trip with 10 of 2015's fittest famous females to find out how they got that banging bikini bod.

2. Rita Ora

RED HOT **Rita** is only just behind pop pal **Rihanna** in out bikini body count. The *R.I.P.* singer always looks dead gorgeous but she has been even more daring in 2015 by sharing a number of snaps of herself baring almost all, the most recent during a fun-filled trip to Ibiza.

BODY SECRET: **RITA** is real gym bunny and sips on fresh vegetable juice for a health boost. "It's my diet that I check more than working out," explains **Rita**. "I work out, but not as intensely as other people. I just don't have any bread; no sugar; drink lots of water; I have fish, asparagus; no olive oil."

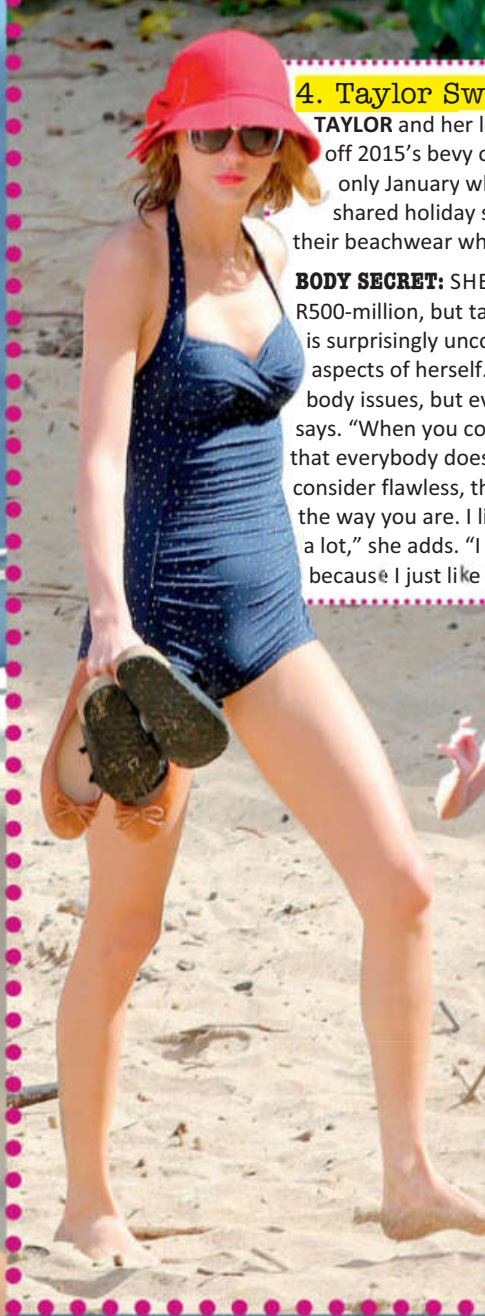




3. Khloé Kardashian

YES, Kendall, Kylie and even Caitlyn Jenner have stolen a lot of the limelight when it comes to those curvy Kardashians, but Khloé deserves her moment for working so hard to look so hot. The 31-year-old reality TV star displayed a swimsuit and figure straight out of *Baywatch* on a recent trip to the Caribbean.

BODY SECRET: 'A LOT of hard work' is the secret to Khloé's recent weight loss. "I train hard. I have been working out consistently for about two years now, and I have worked really hard on my body. I'm proud of all my hours in the gym, they've paid off." As for dieting, Khloé adds, "I don't believe in diets. I believe in lifestyle changes. I made major cut-backs. I used to love fizzy drinks, so I've cut them out completely and I drink ice tea or water. I made that like a lifestyle change. If you do one thing a month and you cut something off little by little then it just becomes a part of your life."



4. Taylor Swift

TAYLOR and her long legs and perfect abs kicked off 2015's bevy of hot bikini bodies. It was still only January when the *Shake It Off* singer shared holiday snaps of her and her pals in their beachwear while on a break in Hawaii.

BODY SECRET: SHE may have legs insured for R500-million, but tall and gorgeous Taylor is surprisingly uncomfortable with some aspects of herself. "I definitely have body issues, but everybody does," she says. "When you come to the realisation that everybody does, even the people that I consider flawless, then you can start to live with the way you are. I like to eat a lot, so I exercise a lot," she adds. "I try to really balance it out, because I just like food so much!"

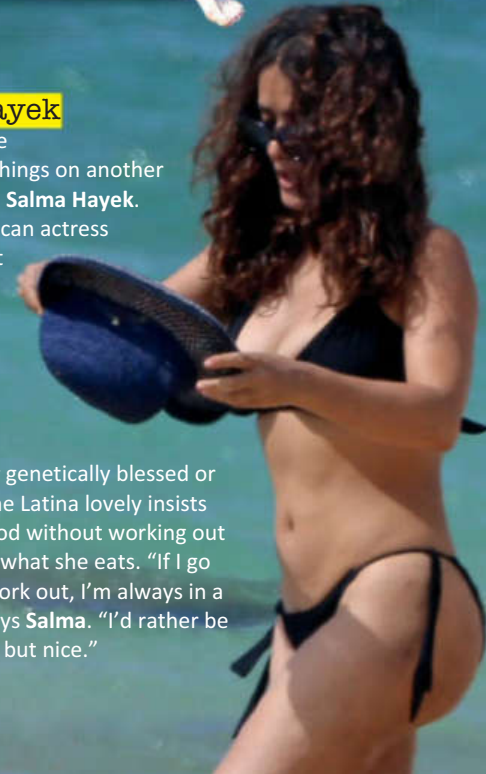


5. Salma Hayek

REPRESENTING the fabulous 40-somethings on another Hawaiian holiday is Salma Hayek. In August, the Mexican actress showed she's still at her curvy best as she prepared to celebrate her 49th birthday on September 2.

BODY SECRET:

SALMA is either genetically blessed or a liar, because the Latina lovely insists she looks this good without working out or even watching what she eats. "If I go on a diet and work out, I'm always in a bad mood," says Salma. "I'd rather be a little heavier but nice."



PEOPLE
EXCLUSIVE
PICS!



Follow us on twitter.com/people_sa

continues on page 46...

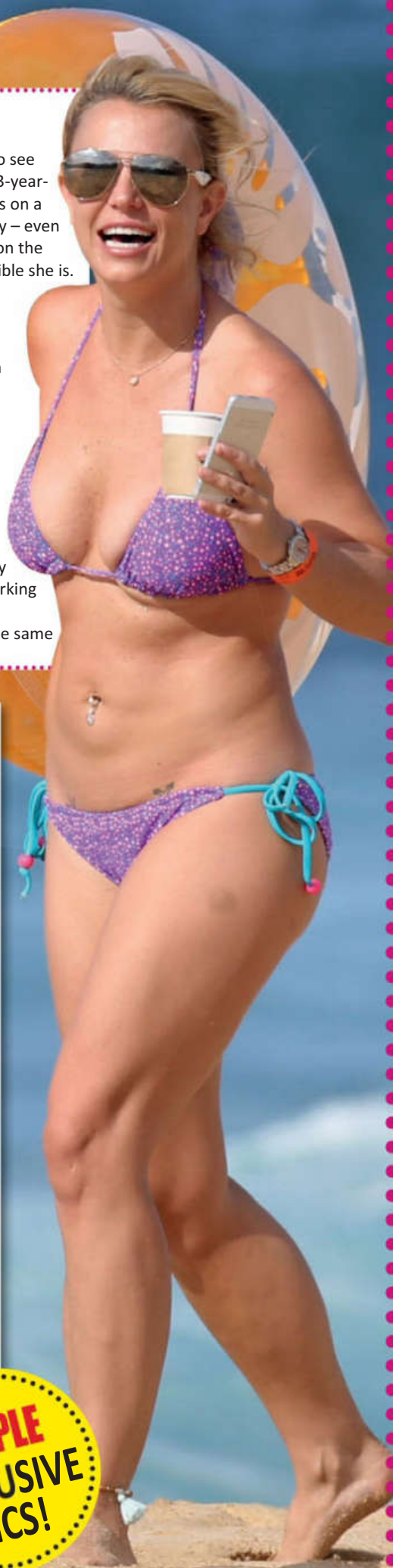
www.peoplemagazine.co.za

PEOPLE 45

6. Britney Spears

AFTER her two kids and some famously wild times it's good to see **Britney** looking so good. The 33-year-old *Toxic* singer made headlines on a family vacation to Hawaii in July – even going so far as to do the splits on the beach to show how fit and flexible she is.

BODY SECRET: **BRITNEY** used to have a fast food addiction but now she's hooked on a double helping of exercise with a side order of yoga. "My hips are a little bit wider because I've had kids so it was crucial for me to be continuous with my exercise," says **Britney** on mixing motherhood with a healthy regimen. "Consistency is key. Daily exercise is important for me both mentally and physically. I don't mind working out. Dancing is a great workout – tough and fun at the same time."



**PEOPLE
EXCLUSIVE
ICS!**



9. Helen Mirren

THERE is nothing like a Dame – so the song says – and there's certainly nothing like **Dame Helen** in swimsuit mode. Six years on from THOSE bikini pics of *The Queen* star, 69-year-old **Dame Helen** did it all again while soaking up the sun in Italy with a figure-hugging purple **one-piece** that showed off her still-stunning form.

BODY SECRET: "IT'S very old fashioned, but I do The Canadian Women's Air Force exercises," says **Helen** on her way of declaring war on ageing. "It's brilliant and the best thing is that it's only 12 minutes. The whole point is that each day, you have to do the exercise within the 12 minutes otherwise you can't move up one level. You just do it in your bedroom and you don't need any space. It's the exercise I have done off and on my whole life."



7. Jennifer Lawrence

A YEAR on from her nude photo scandal, it's good to see **J-Law** still body confident despite her ordeal. The 24-year-old *Hunger Games* beauty looked stunning in pictures she shared in July of herself and friends, enjoying a trip on luxury yacht.

BODY SECRET: BEING a role model for millions of young women, **Jennifer** is refreshingly honest when it comes to body image. And despite her great figure, the Oscar-winning actress insists she doesn't follow any crazy diet or fitness fads. "Even during *Hunger Games*, when I was eating ungodly amounts, I used to tell myself, 'Stop eating, people are going to see this. This movie is going to be around forever.' But nope! I was like, 'I still want candy and I still want a hot dog!'" says **Jen**, who also doesn't work out. "Nothing can motivate me."

8. Jessica Alba

TEN years after she burst onto the scene as a beach babe in *Into The Blue*, **Jessica** is still showing she's more than fit for a bikini or two. The 35-year-old mother-of-two was looking in fine form on a recent vacation to Cancun, Mexico.

BODY SECRET: "I'M not going to lie – working out sucks," says **Jessica** on what it takes for her to stay looking and feeling her best. "But I have to break a sweat or I don't feel like I've got anything done. When I only have 30 minutes, I'll do a series of burpees, tain climbers, squat jumps, planks, and a few sun salutations. I love taking classes, because I'm surrounded by other people and that keeps me motivated." Diet is also an important part of **Jessica's** regimen. "I was never a big breakfast person – I used to just pound coffee and a banana in the morning – but recently I started making this shake using vegan protein powder, matcha green tea powder, a banana, coconut water, and ice."

10. Elle Macpherson

SHE'S still floating our boat at 51 and just to prove it **Elle** took to the high seas in July to show why she's nicknamed 'The Body'. Stopping off in Monte Carlo and St Tropez, **Elle** posted some stunning pictures of herself wearing a skimpy two-piece bikini.

BODY SECRET: "My body is the result of good genes and a healthy attitude," says Aussie beauty **Elle**. "It's not the same as it was 20 years ago – I've had two children and no surgery. But I don't have a regimen because it's about listening to your body. I believe in balance in all areas: practical/spiritual; family/work; internal/external. I practise yoga, and when I can I run, surf and ski. I make sure I eat organic fair-trade food, because eating well and with a conscience is important to me. I also drink a lot of water. Three litres a day, to be precise. Water is the number one. It hydrates the body, flushes out the system and is great for maintaining weight and keeping the body functioning really well."

Gwen Stefani



people

tefani



people

Has Heart

BY VANESSA PAPAS

EVERY week we bring you heartwarming stories of ordinary people dealing with extraordinary circumstances, and offer readers the chance to help them by paying it forward.

Severely injured rabbits are still receiving medical treatment for an array of conditions

Hope For The Hopeless

animals and a team who digs up burrows. While we do this the staff from the park sit on the bench watching us doing their job! It's been challenging but all the volunteers agree that we couldn't just walk away from this. We are here to stay

that had been left rotting across the park. "The first time I heard about the park was the beginning of 2015," says volunteer Michelle Griessel. "Someone on Facebook tagged me in a post about the food that was put out for the bunnies. The food was still wrapped in plastic and containers. Bunnies don't have hands that can open the containers, so obviously many were unable to eat the food and as a result were starving. I went to the park to see the situation first-hand and met up with Martine Hampson from Ban Animal Trading South Africa (BAT). I saw the bunnies were indeed in dire condition. There were no pellets out for them and only filthy water. We managed to catch five bunnies and yes, I took them without permission. I went back to the Park a few days later and found 'the pit of death' – where they dumped the dead animals. They weren't buried, just lying out in the open. I also saw corpses in the park where people walked. I have been rescuing bunnies for a long time and have never seen bunnies like this. Their faces were deformed and they had hard crusts on their noses."

Michelle explains there are more than a thousand bunnies living at the Park. "They have no living quarters, they just live in the burrows or in the open," she says. "There are, however, two enclosures in which there were bunnies without food or water. Both enclosures were filthy and very unhygienic." The majority of bunnies Michelle and her team attended to have injuries or are ill, mostly with a skin disease. "The skin disease is not zoonotic, which means it can't spread from one animal to another, nor can it spread to humans from contact. Due to their poor diet these bunnies barely have an immune system. That, combined with the filth they live in, has escalated illnesses. Some of the bunnies have broken legs, broken jaws, severe ear infections and serious wounds. There are also some that are riddled with cancer. They have been dying slow painful deaths at this park in masses. The staff at the park don't seem to even clean out a water bowl or fill it. They are very rude to us volunteers. During our Sunday clean-ups we regularly pick up dead bunnies. One weekend we collected up 80 dead bunnies. It is not only the bunnies that suffer but the other livestock too. We pick up dead birds as well."

Despite some reports that the Park has made improvements to the rabbits' living area or condition since the story first broke, Michelle says the improvements were made only by the volunteers. "We are the ones who mended the fences and did repairs. We sorted out the irrigation system and hired an outside plumber. We do struggle to make more improvements as the caretaker does not allow us into critical areas." The volunteers helping Michelle work in teams. "The number of volunteers has grown substantially from 12 when we started, to 74. We have the catchers, the cleaners, the feeders, a team who picks up dead

and help bunnies. They have no voice. They only have us."

Michelle has been treating some of the bunnies, with the help of veterinarian Dr Lanina Moose from Silverton Animal Clinic. "Some of the rabbits are too sick that they have to be put to sleep. Those that have a chance are treated, spayed and neutered. So far we have rescued over 80 bunnies. We work under the mandate of Kitty And Puppy Haven. Samantha Berger arranged for us to go into the park under her mandate. We are the only people who are allowed to catch and remove bunnies." Kitty And Puppy Haven has built special enclosures for the bunnies and those that are well enough are being moved into these enclosures. They will be put up for adoption and the same rules that apply for adopting a cat or dog will apply to adopting a bunny. All bunnies with skin disease will remain with Michelle for quite some time and are currently on treatment. The bunnies that have had eyes removed or a leg amputated will require special homes.

People are discouraged from using the Bunny Park as a 'dumping ground' for unwanted pets. What often happens is that people purchase young bunnies and do not have the necessary knowledge on how to care for them as adult rabbits. Many people are often shocked the first time they see a rabbit display anger. Bunnies, after all, are supposed to be cute, not aggressive, and the sudden appearance of sharp teeth, raking claws and biting can be alarming. But this is not unusual and nor hopeless. The biggest behaviour change happens at four months, and this is the time to spay and neuter. This helps bunnies to be calm and non aggressive. Often rabbits will also bite out of pain, so a good rabbit vet will look for the cause of pain. This is often missed. For more information on how to care for rabbits and other critters go to www.facebook.com/LittleCrittersRescueClub.

* THE Ekurhuleni Municipality's Parks And Cemeteries division claims to have been unaware of complaints until approached by the media. It denied that the rabbits were neglected and underfed, and said the deformities were as a result of inbreeding and not as a result of abuse or neglect.

HUNDREDS of bunnies left for dead are being given a second chance at life.

IT was three months ago when Tania Forrester Smith visited the Rynfield Bunny Park in Benoni on Johannesburg's East Rand, with her family and was shocked to see the condition of hundreds of rabbits. She shared heart-wrenching photographs she'd taken on social media of rabbits dead and dying – many clearly suffering from starvation, abuse, cruelty and neglect.

The story broke headlines but less than a few days later it seemed the plight of these rabbits had almost fizzled out in the media, with few updates posted and little reported on what had happened since the photographs were released. There was lots, however, going on behind the scenes. A group of volunteers began visiting the Park daily – not only to catch the rabbits whose faces were covered in crusty growths that obstructed their eyes, ears, noses and mouths so they could be treated, but to clear the many corpses

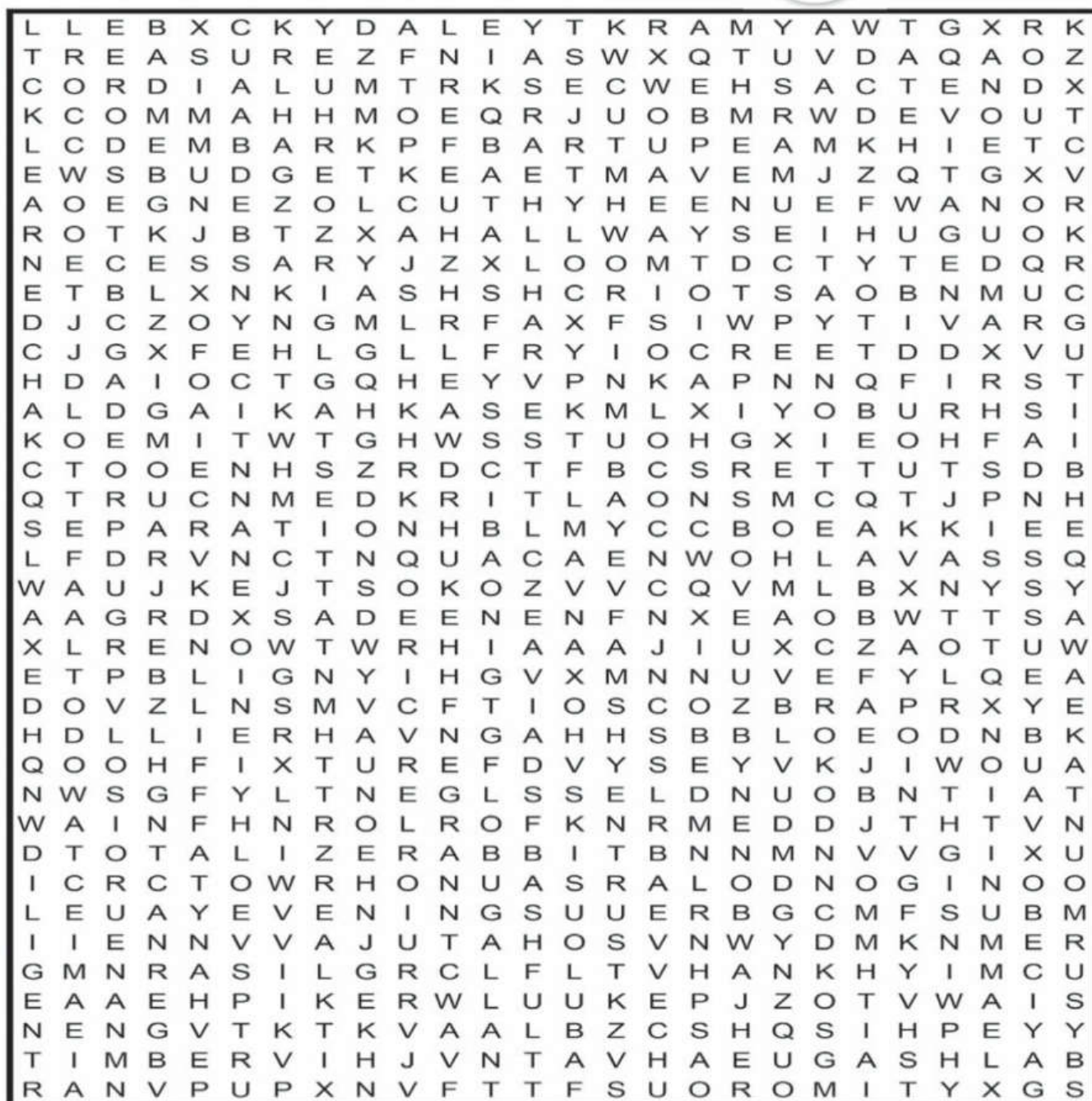
PAY IT FORWARD

IF you would like to help Michelle and her team, they are looking for volunteers who can assist on Sundays at the park. If you are in a position to help financially towards the vet bills, the account details are: M+M Vet Bk, Absa Cheque account, Account number: 1220162024, Reference: Bunnies. For more information on the team, find them on Facebook at Bunny Park Volunteer Group SA.

The bunnies have broken legs, broken jaws, severe ear infections and serious wounds

GIANT

WORDSEARCH NO. 333



Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ACHIEVE
AIMLESS
AMMUNITION
ANTHEM
BASHFUL
BELL
BLOSSOM
BOAST
BONANZA
BOUNDLESS
BUDGET
CASHEW
CODIFY
CONFIRM
CORDIAL
CRUMPET
DALE

DASHING
DEVOUT
DILIGENT
DOGMA
DOUBTFUL
DUNGEON
EMBARK
ENTRUST
EPISODE
EVENING
FABULOUS
FERN
FICTION
FIRST
FIXTURE
FONDNESS
FORLORN

FURNISH
GALLANT
GATE
GENTLY
GHASTLY
GONDOLA
GRAVITY
HALLWAY
HAMMOCK
HARVEST
HEARSAY
HIGHEST
HOPE
HOWEVER
ICEBOX
IMAGE
INSIGHT

INVALID
JACKPOT
JAWBONE
JEST
JUSTIFY
KHAKI
KLAXON
LAUNCH
LEARNED
LEGAL
LOZENGE
MACHINE
NANNY
NAPKIN
NECESSARY
NEED
NEGATIVE

NOISY
RABBIT
RACK
RALLY
RECOLLECTION
ROSEMARY
RUSTY
SADNESS
SCOPE
SEPARATION
SHRUB
STOMACH
STUTTER
SURMOUNT
TAKEAWAY
TAVERN
TEAR

THREE
TIMBER
TIMOROUS
TOTALIZE
TRANSIT
TRAVESTY
TREASURE
VAGRANT
VELVET
WARBLE
WAXED
WAYMARK
WAYPOINT
WHAM
WILLOW



CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '8' has the letter 'C', so a useful start is to insert 'C' in all the boxes that contain the number '8'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.

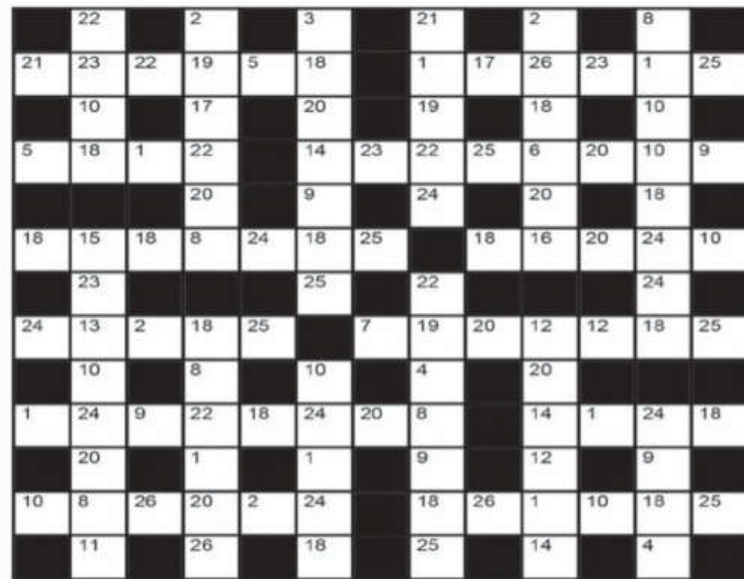


WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

NUMBERSEARCH

1	6	7	4	6	4	2	7	9	7	2	7	4	3	1	7	4
3	1	6	3	2	3	1	8	2	6	9	2	5	7	1	6	7
8	5	4	7	2	6	9	5	6	5	7	0	1	1	3	5	6
9	9	1	1	5	7	7	6	3	9	4	0	4	3	4	8	9
7	1	1	8	1	3	4	5	1	8	3	9	0	1	8	9	0
5	3	7	1	5	2	1	7	2	0	2	4	3	4	9	6	9
7	5	8	1	5	2	9	3	1	1	6	1	2	0	1	4	1
2	5	4	2	6	5	7	6	5	3	4	2	5	8	3	8	8
9	9	1	3	6	3	5	2	0	9	9	2	5	8	3	2	6
1	0	4	6	3	2	1	7	4	3	9	1	7	7	0	8	1
9	7	9	4	2	9	5	9	2	4	5	0	2	8	6	4	6
4	4	5	2	9	5	4	8	4	6	3	8	4	2	6	6	2
5	4	9	2	3	2	3	6	2	5	2	8	9	0	8	9	8
1	7	1	5	6	5	4	8	9	1	9	3	6	2	3	6	1
3	1	3	4	2	2	1	0	6	4	5	4	6	8	3	7	1
0	9	2	9	8	6	6	3	7	9	3	6	2	2	5	7	4
2	8	2	8	1	7	9	6	1	6	0	9	1	5	9	3	7

0027	3232945	561030171	7516253869
1182616819	351263474	5657011356	8385243567
1323613	361719	599040374	8616281147
1852724438	3622574	6379362257	928392
1859	41537527	6401	9535126347
2494941314	427115	6683359	995329530
2662	460641	69718282	
2925382392	5296281323	7134727972	



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

NUMBER CRUNCH

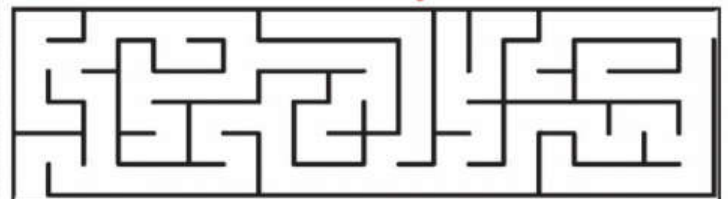
STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

$$\begin{array}{r}
 9 \square + \square = 1 \square 6 \\
 + \quad + \quad + \\
 \square 0 6 + 3 \square 6 = 6 \square 2 \\
 \hline
 0 3 + 3 3 \square = 7 3 \square
 \end{array}$$

Celeb Crossword...



KIDS MAZE



Across

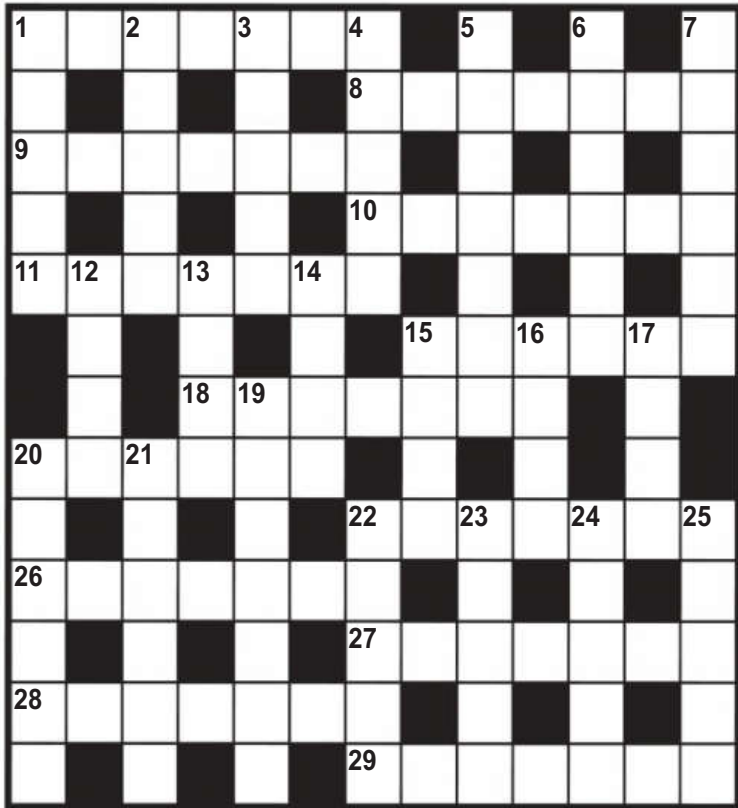
- The role of James Arnold in the 2014 film *Kingsman: The Secret Service* was played by this US actor, who starred as Luke Skywalker in the 1977 film *Star Wars* and its two sequels (4,6)
- US actor, whose movies include *Once Upon A Time In America*, *Moonstruck*, *The Godfather: Part II*, *Hudson Hawk*, and *Lucky Number Slevin* (5,6)
- Giant*, *East Of Eden* and *Rebel Without A Cause* are the three movies in which this late US actor starred (5,4)
- Three-time Academy Award-nominated US actor, whose movie roles include Commodus in *Gladiator*, Freddie Quell in *The Master* and Theodore Twombly in *Her* (7,7)
- The voice of Don Carlton in the animated movie *Monsters University* is supplied by this US actor, who also appeared in the films *God Bless America*, *The Artist* and *Hatchet* (4,6)

Down

- The Godfather*, *Misery*, *Thief* and *A Bridge Too Far* are movies in which this US actor, who played the role of Jonathan E. in *Rollerball*, starred (5,4)
- Cloud Atlas*, *Catwoman*, *Swordfish* and *The Call* are movies in which this Academy Award-winning US actress starred (5,5)
- Winner of the Academy Award for Best Actor in a Supporting Role for his performance in *Ed Wood*, this US actor's movies include *The Majestic* and *City Of Ember* (6,6)
- James T. Kirk in the *Star Trek* TV and movie series was played by this Canadian-born actor, who also starred in *T. J. Hooker* (7,7)
- Late English actor and comedian, whose movie roles include George Webber in *10*, Emory Leeson in *Crazy People*, and the title role in *Arthur* (6,5)
- Mexican-born actress, whose movie roles include Elena in *Savages*, Rita Escobar in *Wild Wild West* and Roxanne Chase-Feder in *Grown Ups* (5,5)



CRYPTIC CROSSWORD



Across

1. They're 'mods' yet they display unpretentiousness (7)
8. It's not 'in' to change gear? How atrocious that is! (7)
9. Indeed, Sir! How I've longed for you! (7)
10. Written in spite of the French intervention (7)
11. It's the sort of show which will calm us, I see (7)
15. You do put it on when riding your bike! (6)
18. But then Sue does express passionate zeal! (7)
20. How to cure Hitler's men of their great evils (6)
22. Ed's legs are broken by heavy hammers! (7)
26. It's enough to make a priest go ape! (7)
27. Turn to Al in a way that's spontaneous (7)
28. Dear sir, Here's how they attack us... (7)
29. Listens, then goes out to join up (7)

Down

1. She's a lady, whichever way you like to look at it! (5)
2. So Des uses them for medicinal purposes only? (5)
3. Those richer ones include the Chinese (5)
4. Why claim the dole and then sing about it? (5)
5. Steps out while your little saint takes the bus (7)
6. BAM! Got an ant and a little chook! (6)
7. Ed meets his fate when I beat him (6)
12. A difficult language for four dudes to take up! (4)
13. Des and I talk of those bygone days (4)
14. What a star! How crafty, too! (4)
15. You'll find only part of the ship in port! (4)
16. Deal out the heavy stuff! (4)
17. Such language from her servants! (4)
19. Denies it? That's one way to get sane again! (7)
20. In a scrape due to your escapades? (6)
21. It's dried in different airs (6)
22. I have that feeling that it's seen in the south (5)
23. Marks the spot where a lot return to praise (5)
24. Sir G gets left with the young ladies (5)
25. A less obvious way to conduct auctions (5)

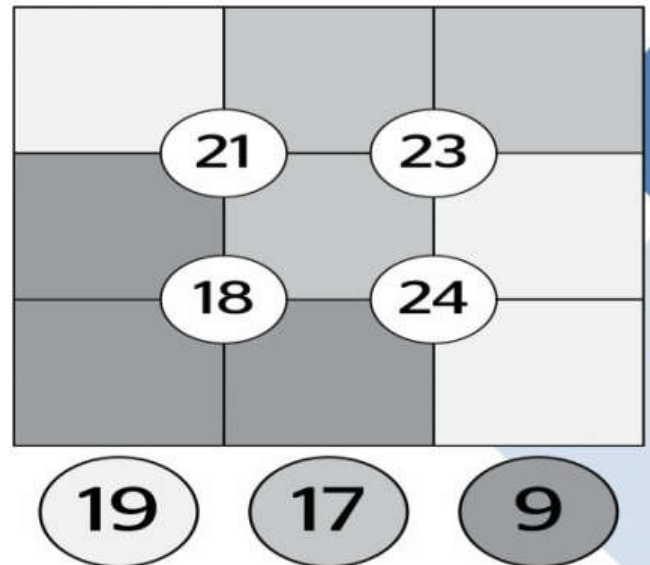
MONSTER SUDOKU

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.



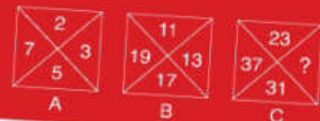
SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.



STICKLERS

There is a certain logic that determines the numbers in each box below. Can you determine the pattern and place the correct number where the question mark is?



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Compare
INKLE
Share
ORIENT
Supply
GAILE
Grasp
CHARE

TODAY'S WORD



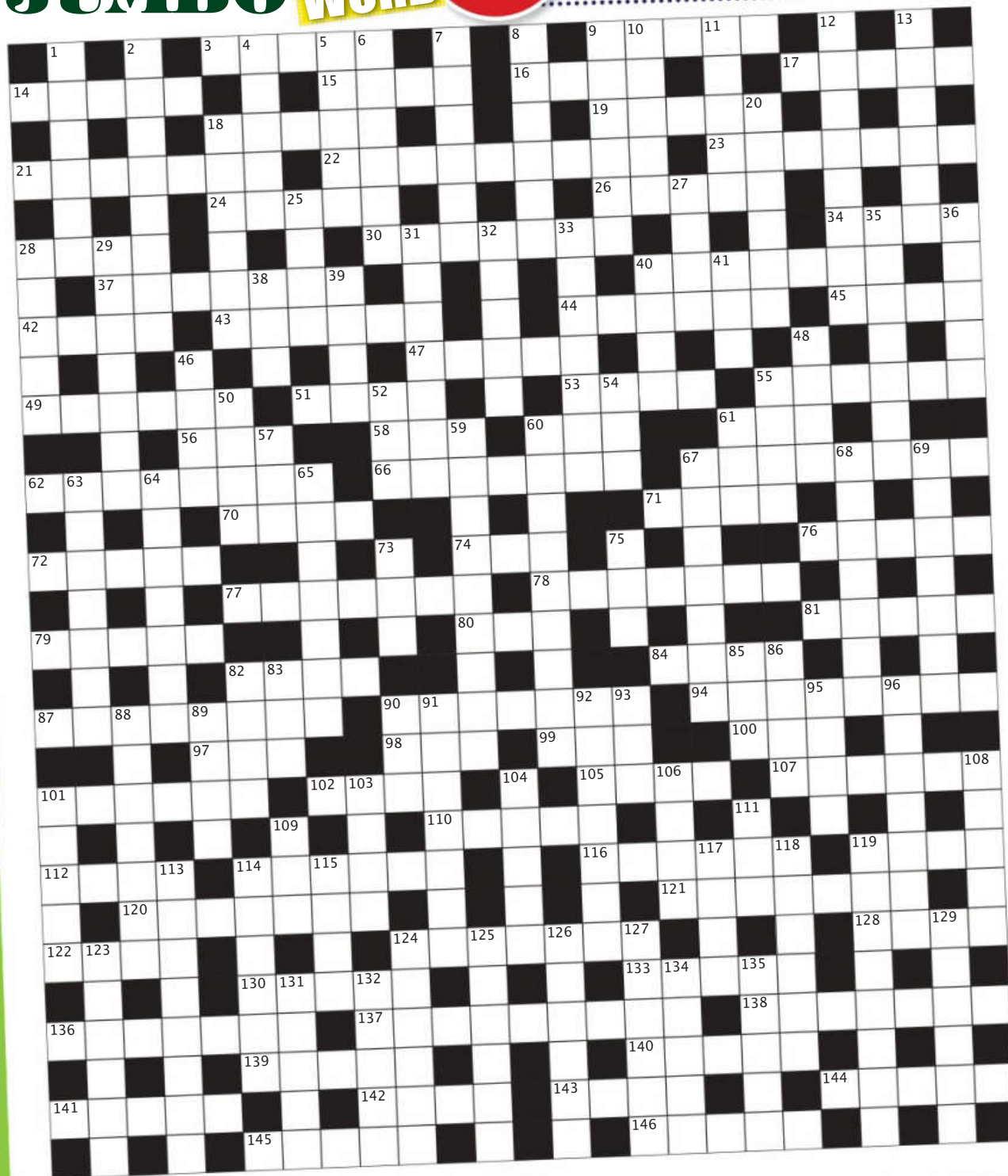
"I understand that the guy who lives here is a _____ instructor."



Follow us on twitter.com/people_sa

CROSSWORD JUMBO WORD NO. 325

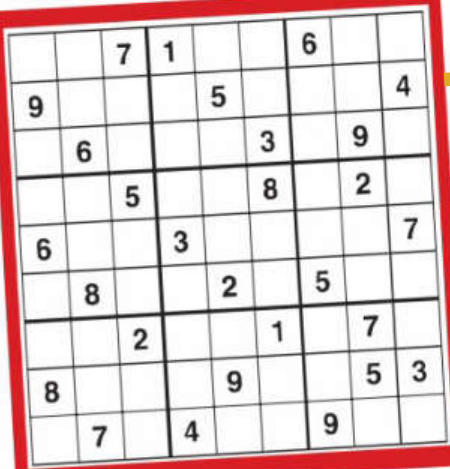
ACROSS



3. Vestibule
9. Commonplace
14. Crystal clear
15. Bridal accessory
16. Bell sound
17. November birthstone
18. Pinch
19. Floor coverings
21. Transformed
22. Open to question
23. Regarding (3-1-3)
24. Group of witches
26. Rage
28. Abominable snowman
30. Increased three times
34. Obi
37. Actress, **Julia** ...
40. Embarrassed
42. King of the beasts
43. Tried out
44. One or the other
45. Certain
47. Public square
49. Twelfth grader
51. Spoken
53. Poetic foot
55. Beach house
56. British rule in India
58. Shriek bark
60. That girl
61. Salad green
62. Lasting two years
66. Conceit
67. Restaurant worker
70. Small drink
71. Farm structure
72. Prior to, poetically
74. Owing
76. Toastmaster
77. Mediocre
78. Daydream
79. Self-important
80. Hightail it
81. Lees
82. Friends
84. Obstacle
87. Tom, Dick or Harry
90. Cathedral
94. Short dagger
97. Swiss peak
98. Ovum
99. Opposite of WSW
100. Actor, ... **Wallach**
101. Outer edge
102. Young deer
105. Profound
107. Heir's windfall
110. Giraffe relative
112. Flying mammals
114. Tonsorialist
116. Mice and lice
119. Grotto
120. Curtain calls
121. Japanese warrior
122. Neutral shade
124. Peculiarity
128. Trudge
130. Ballroom dance
133. Fire residue
136. Drinking glass
137. Capital of Scotland
138. Tenth of a millennium
139. Wooden pin
140. Prisons
141. Smelly critter
142. Close tightly
143. Positioned a golf ball
144. Soaked
145. Little ones
146. Object of worship

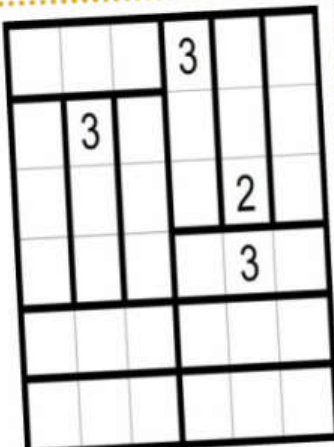
SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.



TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).



DOWN

1. Water down
2. Summons
4. Surpass
5. Sidestep
6. Give in
7. Split in two
8. Horrify
9. Love song
10. Unfamiliar
11. Overhead
12. Thick syrup
13. Rudiments
18. Arcane
20. Turkish commander
25. Wine holders
27. Jet forth
28. Yellow part of eggs
29. Clobber
31. Warning sign (3,4)
32. Young Scot
33. Adversaries
35. Worship
36. Doglike scavenger
38. Latin king
39. Commotion
40. Jot
41. Cut down
46. Succotash ingredient
48. Endure
50. Surprise attack
52. Yes vote
54. Limb
55. Mint product
57. Glass bottle
59. Thinking
60. Lie torpid
61. Jalopy
63. Raging fire
64. Take care of
65. Baby clothes
67. Rabbit residences
68. Contrition
69. Dexterity
73. Practical joke
75. Climbing plant
82. Hardy cabbage
83. Rascalion
85. Goddess of Mischief
86. Piscine organ
88. Revel wildly
89. Pestors
90. Kitten's cry
91. Cold-shouldered
92. Escaroles
93. Female ruff
95. Prevaricated
96. Anguish
101. Tale with a moral
103. Priestly garments
104. Cosmetologist's establishment
106. Jug handles
108. Produce
109. Prohibit
111. Verve
113. Ignoring
114. Ran away
115. Bridle attachment
117. Bangers and ...
118. Hospital staff
119. SA's legislative capital (4,4)
123. Period of play in polo
124. Large quantity
125. Hang loosely
126. Make a comparison
127. Drooped
129. Headlong assault
131. Fragrance
132. Honking birds
134. Hue
135. Brilliance

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Tributary	— — — — —	M Smudge	— — — — — K
2. Animal	— E — — —	Brag	— O — — —
3. In the near past	— — — — — E — —	Disavow	— — — — — A — —
4. Flavorless	— L — — —	Trade name	— R — — —
5. Washington's bill	D — — — —	Dog's necklace	C — — — —
6. Desert transportation	— — — — — L	Walk-on appearance	— — — — — O
7. Unravel the mystery	— O — — —	Lotion	— A — — —
8. Gold digger	— — — — — E —	Youth	— — — — — O —
9. Bean Town	— — — — — S — —	Singer Michael	— — — — — L — —
10. Fake	— — — — — Y	Place a call	— — — — — E

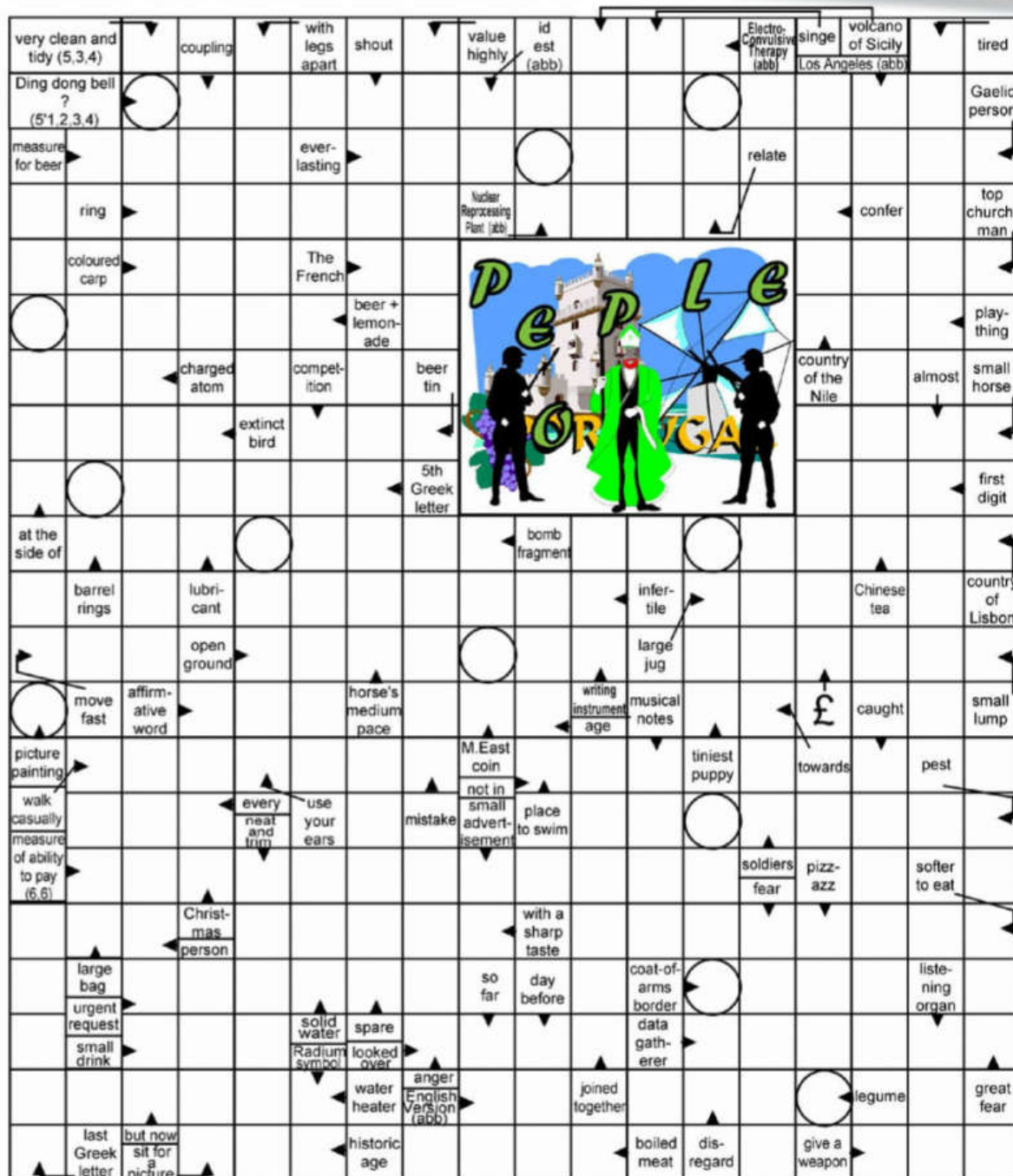
BLOCKWORD

NO. 614

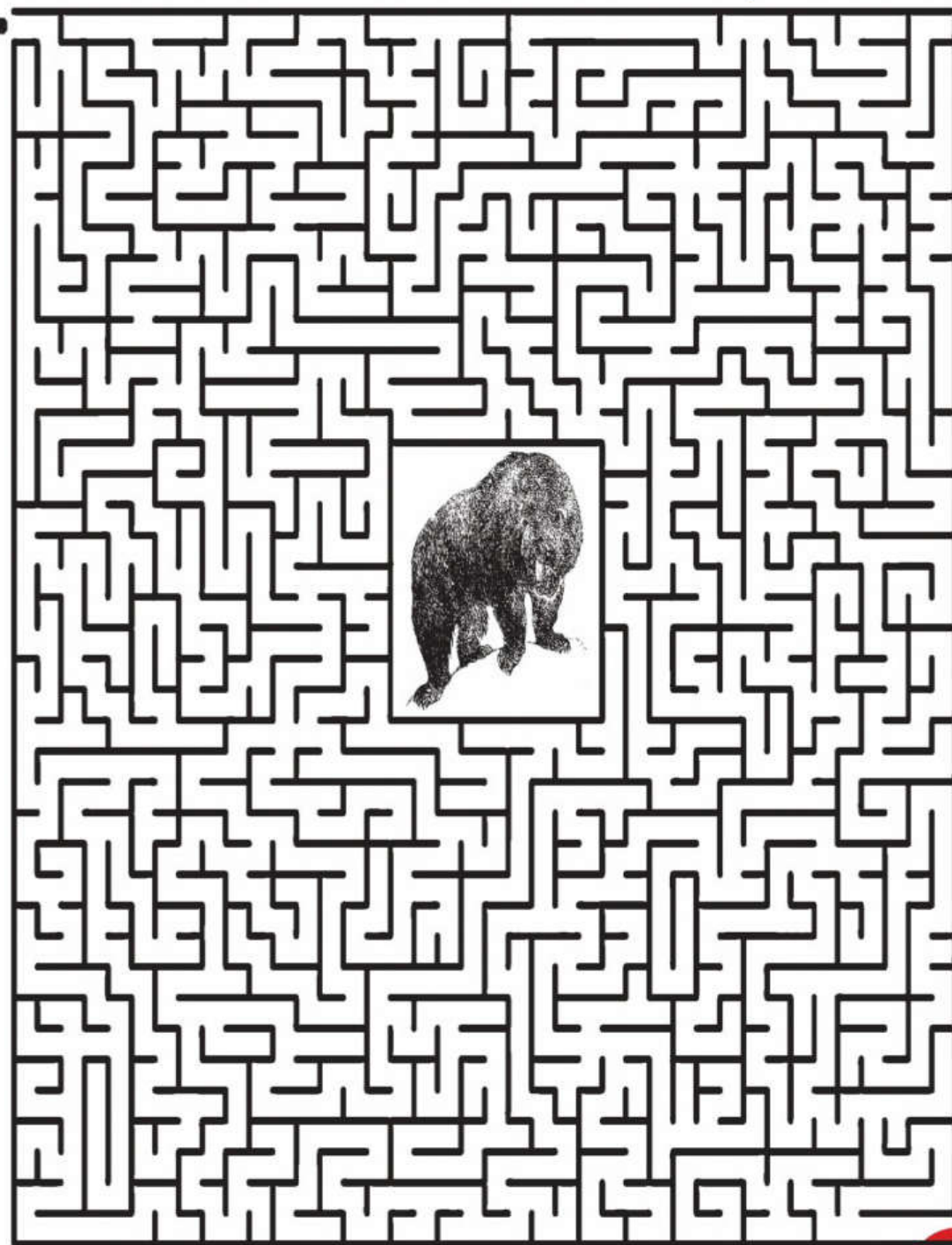
BY BARRIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Diaphoresis. Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 614. Be sure to sms before October 19, 2015. By doing this, you could win R500. Winner of Blockword 610: R. Bray. Answer: Appreciation. Winners will be paid electronically. Ssms charged at R1.50 and free smses do not apply. Terms and conditions apply.



Mega Maze



SUGARU

		4		
			2	
	3	4	5	
		2		
2		1	4	

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT	ACTION
11	x
=	+ 654
= 742	÷
=	- 13
= 40	÷
=	x 61
= 244	x
=	+ 21
= 753	-
=	x 4
= 880	÷
=	+ 113
= 223	

FIND-A-WORD

- | | | |
|--------------|-------------|------------|
| Beauty | Fountain | Shade |
| Community | Garden | Slope |
| Conservation | Housing | Soil |
| Courtyard | Natural | Steps |
| Drainage | Ornamental | Tree |
| Environment | Park | Vegetation |
| Erosion | Paths | Wall |
| Estates | Pattern | Water |
| Expansion | Playground | |
| Fences | Practical | |
| Flowers | Residential | |

D S O I L Y T I N U M M O C N
R C E G E G A N I A R D O I E
E O N C N S L O P E O U A E N
T N O E N I S I G Y R T X P V
A S I N E E S N T T N P L A I
W E T E E I F U Y U A E A T R
N R A D R N A A O N M S C H O
R V T R T E R F S H E T I S N
E A E A B D N I F E N A T L M
T T G G G O O L D W T T C A E
T I E S I N O A A C A E A R N
A O V S K W H L E N L S R U T
P N O R E S L S P E T S P T E
R R A R R E S I D E N T I A L
E P S D N U O R G Y A L P N Y

ON SALE
NOW!



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never repeated) in every row, column and 3x3 square.

	N	T		S	C	
S						
P		C	V			
				T	V	H
				C	E	N
		H		Y	T	
P	Y					C
S			C	Y		
H		V			S	



GO FIGURE

THE
idea of Go

Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	÷		+	11
-		x		÷
	+		+	13
x		-	+	
	+		-	6
15		10		10

1 2 3 4 5 7 8 9 9

ON SALE
NOW!



Killer Kakuru

FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

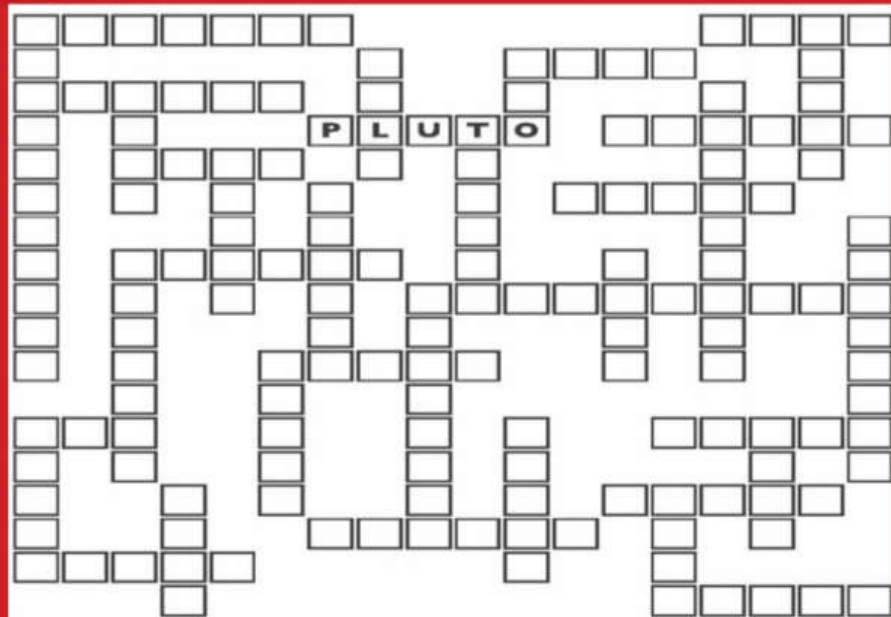
	17	16							12	17
17									14	
30			23	26			30	27	23	
		16					16			
30	12	17							16	17
						30	29			
14			23						17	
				16						
				17						
17		16		26				30	12	17
30			23	24					23	
							30			
	12	17					16			
30							30		16	17
14									17	

Arrow Word

Reduce currency in circulation	Chest of drawers with a mirror	Not fresh	Raise to the peerage	Make with wool	Jason's ship	Have being
Pottery made of clay						
Jumping parasite		Liquid measure				In agreement
Effect creator	Rain and hail			US actor, Wesley ...		Haul
		Accompany	Alone			
Inmost feeling of love	Remain faithful to	Gain through effort			Neither	
Painful	Small armour suit	Solid water		Heftier		French word for 'yes'
			Paul ... Canadian singer	Wading bird		
Doing wrong		The ram			Particular kind	
				Chemical solvent	Large container with a lid	
		Distant	Assert			Captain's diary
Utilise	Absurd					Chemical symbol for xenon
Historical period		Contend		Roman goddess of night		
Lawn grass			Work at a boring job			



Follow us on twitter.com/people_sa



3 LETTERS

LEO
SUN

4 LETTERS

BORN
BULL
CRAB
HOLD
HOME
LION
LOVE
MARS
READ

5 LETTERS

AHEAD
ARIES

CHART

DAILY
LIBRA
MONEY
~~PLUTO~~
SOLAR
STARS
STORE
VENUS
VIRGO

6 LETTERS

FUTURE
GEMINI
HEALTH
PISCES
PLANET

TAURUS

7 LETTERS

HEAVENS
SCORPIO

8 LETTERS

AQUARIUS
BIRTHDAY

9 LETTERS

CAPRICORN

10 LETTERS

ASTROLOGER

11 LETTERS

SAGITTARIUS

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

SOUL							SHIP
FIRE							BIT
ROUGH							SHOW
POWER							BAR
WIND							VISION
CHINESE							FRUIT
FOUNDING							STATE
STAGE							MASK
FRUIT							DAYS
MAGIC							PROOF
POT							ACHE
MARKET							GNOME

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



5	3	6	3	6	7	4	3	6	7	4	7	2
A	U	A	N	T	D	W	E	I	O	O	M	A
7	8	4	7	6	8	3	2	4	5	3	2	4
E	A	R	S	D	R	X	D	K	W	P	A	E
8	7	8	2	6	4	6	7	3	4	2	5	6
T	T	I	P	Y	F	S	I	E	F	T	O	U
4	6	4	7	3	5	4	8	7	3	4	2	7
O	M	R	C	C	R	T	S	H	T	P	T	A
8	7	8	4	3	5	7	2	3	8	7	5	7
T	R	I	A	E	K	M	O	D	C	O	O	N
3	4	8	5	4	2	4	7	5	8	4	3	5
F	Y	V	F	S	L	O	Y	L	E	F	A	O
2	4	2	8	3	8	3	5	2	8	5	8	8
I	F	F	N	M	T	E	V	E	U	E	R	E



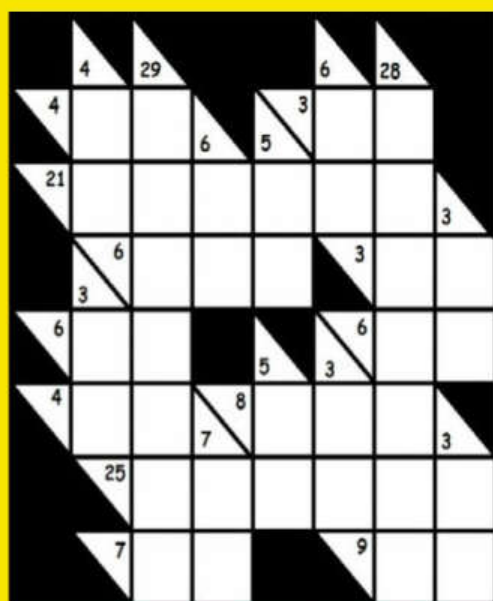
MATHS QUIZ



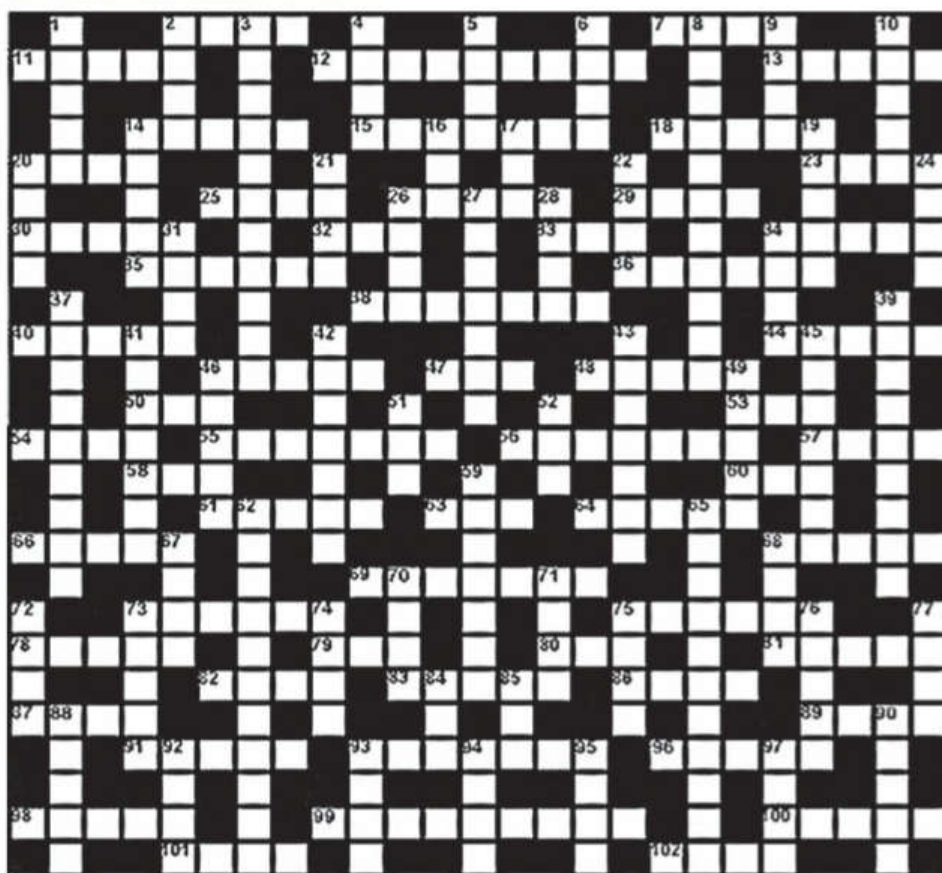
- ACROSS**
1. $753 - 82$
 4. $170 + 601$
 7. $335 + 146$
 10. $445 + 305$
 12. $137 + 459$
 14. 29×3
 15. $47 + 81$
 17. $801 \div 9$
 18. $1890 \div 6$
 20. $241 - 20$
 23. $4072 \div 8$
 25. $3366 \div 9$
 27. $531 + 262$
- DOWN**
29. 13×5
 30. $1233 \div 9$
 33. $1214 \div 2$
 34. $4840 \div 8$
 2. 185×4
 3. $29 - 11$
 5. $158 + 607$
 6. $890 \div 5$
 8. $456 \div 3$
 9. $440 + 129$
 11. $91 + 482$
 13. 109×9
 15. 5×3
 16. 205×4
 19. 23×8
 21. $1188 \div 4$
 22. $417 + 319$
 23. $31 + 512$
 24. $878 \div 2$
 26. $457 + 299$
 28. 105×9
 30. $27 - 10$
 31. 19×4

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



CROSSWORD



ACROSS

- 2) Large stone (4)
- 7) Come across (4)
- 11) Stop (5)
- 12) Animal with sharp quills (9)
- 13) Fruit of the oak tree (5)
- 14) Follow subversively (5)
- 15) Section from a film (7)
- 18) Go over an event again (5)
- 20) Place to moor a ship (4)
- 23) Border (4)
- 25) Available to all (4)
- 26) Follow clues to find something (5)
- 29) Dutch cheese with a red wax coat (4)
- 30) Very fertile and workable (soil) (5)
- 32) Plant part containing grain (3)
- 33) Hot water leaf infusion (3)
- 34) Agreement to stop fighting (5)
- 35) Relating to later life (6)
- 36) Established formal behaviour (6)
- 38) One who is smooth-talking and charming (7)
- 40) Rod to agitate a fire (5)
- 44) Part of the intestine (5)
- 46) Start (5)
- 47) Sexy and desirable (3)
- 48) Knocks out (5)
- 50) Food enclosed in pastry (3)
- 53) Louse egg (3)
- 54) Dread (4)
- 55) Identity of the place of residence (7)
- 56) Zodiac sign of the scorpion (7)
- 57) Solemn promise (4)
- 58) Devour food (3)
- 60) Flow back (3)
- 61) Clothing to wear round the neck (5)
- 63) Country pub (3)
- 64) Patch of oil on water (5)
- 66) Made holy (5)
- 68) Search a person for weapons (5)
- 69) Standing with one foot either side (7)
- 73) Gives out confidence (6)
- 75) Tour made by a guard (6)
- 78) Meal cooked in the open (5)
- 79) Excessively (3)
- 80) Support for a golf ball (3)
- 81) Put off (5)
- 82) Church money-making event (4)

DOWN

- 1) Rhythm (5)
- 2) Tear (rip) (4)
- 3) Able to be easily dismantled (11)
- 4) Cavity (4)
- 5) Pleasing in a child-like way (4)
- 6) Just one of several (4)
- 8) Activity taking place between two people (11)
- 9) Computer input (4)
- 10) Come! But carry with you (5)
- 14) Takes off the top surface (5)
- 16) Automobile (3)
- 17) Large mythical bird (3)
- 19) Gem from a shell fish (5)
- 20) Boring and unattractive (4)
- 21) Leg joint (4)
- 22) Rise up on the hind legs (4)
- 24) Always (4)
- 26) Street car running on rails (4)
- 27) Intoxicating liquid (7)
- 28) Make a design with acid (4)
- 31) Span of 365 days (4)
- 34) Bathroom powder (4)
- 37) People who live together (9)
- 39) Uncountable number (9)
- 41) Fast passenger train (7)
- 42) Storage place for books (7)
- 43) Make someone jump with surprise (7)
- 45) Month that sounds like the 8th but isn't (7)
- 46) Conquers (5)
- 49) Popular Cape Town fish for the braai (5)
- 51) Donkey (3)
- 52) Perform (3)
- 59) Resistance to change (7)
- 62) Brutal and unfeeling (11)
- 65) Preparing land to grow crops (11)
- 67) Public transport vehicle (4)
- 68) Nourishment (4)
- 70) Fitted with shoes (4)
- 71) Sticky black fruit of a palm (4)
- 72) Capable (4)
- 73) Very keen (5)
- 74) Single pace (4)
- 75) Animal skin with fur (4)
- 76) Goes out in front (5)
- 77) Cereal grain husks (4)
- 84) Endlessly boring situation (3)
- 85) Circular chart divided into portions (3)
- 88) Following on from (5)
- 90) Having many bends (5)
- 92) Way of the rising sun (4)
- 93) Company (4)
- 94) Brutal bully (4)
- 95) Ripped (4)
- 97) Shout and rave (4)



Follow us on twitter.com/people_sa

SOAP BLOCKWORD

WIN

NO. 595

BY JOHN WHIFFIN /
 PICS: PUBLICITY/ WWW.
 ELITEPHOTOAGENCY.COM
 / MAGAZINE FEATURES

R500

TO ENTER this SOAP BLOCKWORD, all you have to do is finish the grid. When completed the scrambled letters will spell out the answer for the clue: A character in *Days Of Our Lives*. Sms 48408 with the answer, your name and surname, as well as **people/Soap Blockword No. 595**. Be sure to sms before October 19, 2015. By doing this, you stand the chance of winning R500. Winner of Soap No. 591: Marlie Human. Answer: Thandeka Zungu. Winners will be paid electronically. Ssms charged at R1.50 and free smses do not apply. Terms and conditions apply.

Small beak-snouted whale				Bother Per item				Fire-extinguishing gas		Lower part of a leg of beef				Utter
						Solemn declarations				Owns				
				Lead-in				Lanky Tallies						
				Undress Dry bed of a torrent		Money lent Hoar-frost						Listener Painting, sculpture, etc.		
Typestyle									Replying					Bertha Le Roux plays in 7de Laan
				Retail outlets Institute (abbr)				Sour Group of three performers		Shaleen Surtie-plays Fran Jacobs in Villa Rosa		Stage Established (abbr)		
Spoken exam		Run fast Unladen weight								Distance travelled gauge			Shrewd Mass of salty water	Abound Spot
						Clash Wholly penitent						Horse-traps Italian capital		
				Chord of three notes		Spinal cartilage Blossomed				Addition al items Restrain within limits				
Well-defined					Steak cut from between two ribs			To and Swindle			Strike Rise and fall of sound	Begin Join		Shade
Pungent		Too high to hear Make possible					Projection on a revolving shaft				Item of value Easy and comfortable			
	Big golf club	Sea eagle	Archer's projectile				Child whose parents have died						Spheres Printer's blue	Fine particles of dirt
						Sketched Back-draught of a wave				Indian (prefix) Cut into cubes				
					Hand-held arrow Truck			In good health Gentle throw						Legal security against loss
				Mundane Meat from the lower back		Ridge over the eyes			Small loaf?	Approaches Obstructs				
							Behold Letter wrapper					Scandinavian One from Berlin?		
	Midday		Assumed name	Uncooked		In what way				Clumsy			Megabyte (abbr) Country, capital Santiago	Enthusiast Fertile spot in a desert
Rena Sofer plays Quinn in The Bold and the Beautiful							Andisiwe plays Getty in Generations - The Legacy		Defeat narrowly Route			Reflection of sound		
	Drink in small draughts Secret agent			Hole in the ground			Backbone Banter					Ostrich-like South American bird		
												Feared greatly Fail to hit		
					Bucket Out of work				Fast Ultimate					Hurries Foot-lever
Under-skin sac						Support		Diseases Items of headwear				Current affairs (bulletin)		

CELEB BLOCKWORD

**NO.
595**

BY JOHN WHIFFIN
/ PICS: WWW.
ELITEPHOTOAGENCY.COM

WIN R1 000

TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a celebrity whose films include *Lovers And Other Strangers* and *The Godfather*. Sms 48408 with the answer, your name and surname, and **people**/Celeb Blockword No. 595. Be sure to sms before October 19, 2015. By doing this, you stand the chance of winning R1 000. Winner of Celeb Blockword No. 591: Linda McClelland. Answer: Kenneth Branagh. Winners paid electronically. Ssms charged at R1.50 and free ssmes do not apply. Terms and conditions apply.

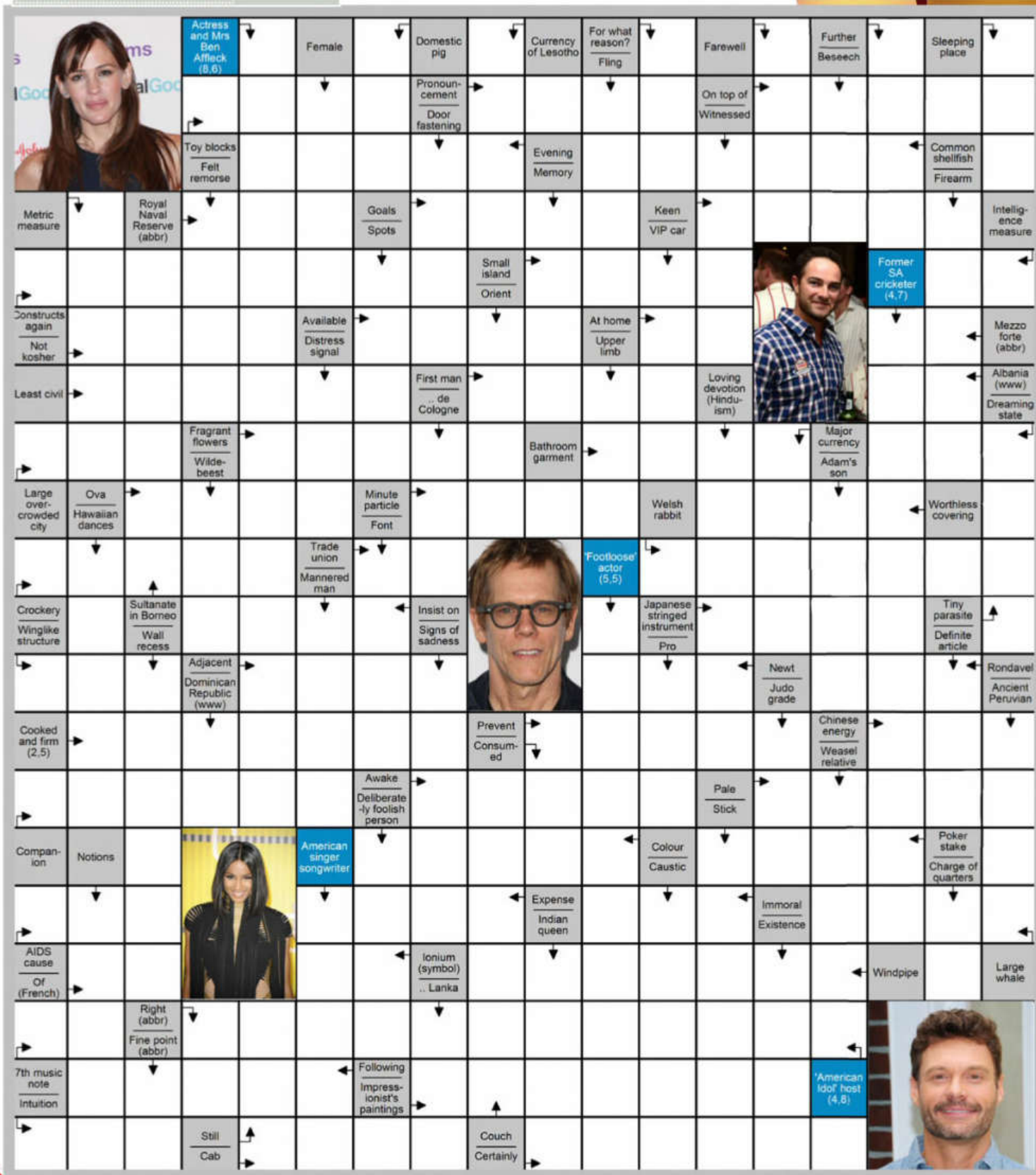
CURE				NUMBER GAME OF CHANCE FEMALE (PREFIX)	THIN CRISP BISCUIT				CHICKEN'S PRODUCE ATTEMPT			ROLL OR CATA- LOGUE	ENTHUS- IASTIC SPORTS TEAM FOLLOWER
									PROJECT- ION ON A TOOTHED WHEEL				CAPITAL OF THE PHILIP- PINES
POINT OF THE COMPASS					CAUSE TO COALESCE				JUDGE'S ORAL DECISION				
					SMALL AND NEAT MOUNTAIN PASS		HOLE IN ONE ASSAIL- ANT						DEST- RUCTIVE PIECE OF COMPUT- ER CODE
GRAIN STORAGE VESSEL					ROUGH STEEP ROCK ORNATE				BECOME STABLE				
RUBBISH			STAND- ING ORDER INCAPABLE OF CLEAR EXPRESSION	FOURTH MONTH					JODIE —?— MADELINE WHITE IN 'INSIDE MAN' (2006)		ACCUS- TOM: HA- BITUATE		
						ROMAN GOD OF WAR SURLY	FODDER LAND SUR- ROUNDED BY WATER						PALE- COLOURED HORSE
TRUTH- FULNESS	JOY OR FEAR WOMAN IN HOLY ORDERS				TRILL								JOHN —?— MR. MUNDAY IN 'CHARLIE'S ANGELS: FULL THROTTLE' (2003)
								TEASE SOUTH POLE'S CONTI- NENT					
					UNWELL SCANTY (CLOTHING)					MURDER FILM AWARD			ELECTRO- NIC EQU- IPMENT USED ON AIRCRAFT
GROOVE					RINGLET OF HAIR	ENGAGE- MENT			SHARP	RAISE OR COLLECT A TAX	RECESS		
HANDI- CRAFTS- MAN							PRUDENT PLATE	LIQUID PRECIPI- TATION			STREET OR YARD OF STABLING	HEAP BEYOND (PREFIX)	ABOUND
SUPPOS- ITIONS	TICKET PROFITEER ROMAN LOVE-GOD						SOLEMN APPEAL TO A GOD						IMPUDENT
									STRUCK WITH AN OPEN HAND SORROW- FUL		GLYCERINE (EXPLOSIVE) THE LION STAR SIGN		CORNER
CHUCK —?— BOOKER IN 'THE EXPENDABLES 2' (2012)	DISMOUNT		RESULT OF ADDITION		INTER- TWINE UTTERS				POPULAR FRESH- WATER GAMEFISH				
TIMEPIECE WORN ON THE WRIST							UNSPECI- FIED ITEM OF MANY		OF THE SEA	PERSONAL PIC	WASTE SCRAP OF CLOTH CROWDED AROUND		
					KATIE —?— RACHEL DAWES IN 'BATMAN BEGINS' (2005)						IMAGE OF A GOD NUMER- OUS		
					METAL MONEY INFLUENCE		BOOM OF A CRANE				ACT OF SELLING	OTHER- WISE	BOUT OF EXCESSIVE INDUL- GENCE
								EDIBLE SHELL- FISH BOY	PROFLI- GATE				DEFAM- ATION WATERY
					NATURAL BITUMEN APPEND					SHERIFF'S OFFICER WHAT THE WIND DID			
						LITTLE DEVIL							
					LEGAL	MAKE LARGE PASS- ENGER VEHICLE			OF A CITY				BEWARE THE —?— OF MARCH
MONIES PAID FOR BUS TICKETS	AT LIBERTY LOATHE							SMALL VALLEY PRACTIC- AL SKILL			DEXTER- OUS		



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 61



5

EASY WAYS TO SUBSCRIBE

1

Subscribe **ONLINE** at peoplemagazine.co.za or e-mail peoplesubs@RNAD.co.za

2

SMS the words 'CAXTONPP' to 33115 (sms costs R1)

3

CALL NOW For payment by credit card or debit order, call (011) 473-8700

4

FREE POST Make your cheque out to RNA Subs and post to people Subs, freepost JHZ1135, Box 725, Maraisburg, 1700

5

EFT/DIRECT DEPOSIT, FNB Trade Services 657, Branch 254655, Account 62104927259, Reference: Surname and sub no, OR surname and cell number. Fax proof of payment with address to 086 756 6375



Debra Messing

Recipe
BY VERA FOURIE



WINE & RAISIN PASTA

Date Of Birth: August 15, 1968
Place Of Birth: Brooklyn, New York City, USA
Height: 1.73m
Parents: Mom, Sandra and dad, Brian Messing
Siblings: Older brother, Brett
Spouse: Daniel Zelman (divorced)
Children: Son, Roman

THIS talented film and TV actress landed her first TV job in the drama *NYPD Blue*, and also made spot appearances in *Seinfeld*. She then landed her career-defining role in *Will & Grace*, which made her a household name. Did you know she was six months pregnant when she finished filming the sixth season of the show? Debra has also starred in *The Women* and TV's *The Starter Wife*. As a teen she was named Rhode Island's 'Junior Miss', which isn't surprising given her flawless skin and glorious mane of red hair. In fact, she is often compared to Lucille Ball. She played the leading role of

Sandy in her high school production of *Grease* before going on to graduate *summa cum laude* with a bachelor's degree in Theatre Arts. She then was accepted to the elite Graduate Acting Programme at New York University, where she earned a master's degree in Fine Arts. Only 15 students are accepted annually to this. She loves gambling – blackjack is her thing – although she claims she isn't as lucky as she would like to be! Another thing she loves is Italian food, so this week we bring you a delicious recipe, one taste of which will transport you to the land of love, wine and pasta!

Ingredients

2 Tablespoons of olive oil
1 Small carrot
1 Small onion
1 Medium red pepper
2 Cloves of garlic
¼ Cup of raisins (optional)
2 Cans of crushed tomatoes
¼ Cup of dry red wine
1 Tablespoon of sugar
¼ Teaspoon of salt and pepper
500g radiatori pasta (or any pasta of your choice)
110g Feta cheese

METHOD

HEAT the oil and then add the carrot, onion, red pepper, garlic and raisins, and cook for three to four minutes or until the vegetables are golden and tender. Stir in the tomatoes and red wine, reduce the heat to low and simmer for approximately half an hour until the sauce thickens. Stir in the sugar, salt and pepper, and while the sauce is simmering, cook the pasta as directed on the packet. Drain, and then add pasta to the sauce, toss to combine and top with the crumbled feta cheese. Buon appetito!



TRIED & TESTED

FOR more yummy recipes go to
www.peoplemagazine.co.za



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 63

THIS WEEK'S FAB 5

BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.



FLEX AND SHANICE

SHANICE WILSON, a famous popstar back in the '90s and her husband, actor **Flex Alexander**, happened to both be first-generation millionaires were also the first in their families to experience the good life. Blessed with two beautiful kids, Imani and Elijah, it seemed like nothing could possibly go wrong in their A-list life. And for a long time that's what they thought. Life did not play by those rules, however, and in a sad turn of events their careers became stagnant and offers started drying up. By the end of it they had lost everything. The mansions, flashy cars, shopping sprees – all were now visions of a nostalgic past. The circumstances, they soon learned, forced them to deal with the reality of struggling to make ends meet. Now living in a crowded house with no less than nine occupants, the former media darlings are trying to put food on the table while reviving their long-gone careers in the spotlight.

Catch Flex And Shanice, Thursdays at 19h30 on Vuzu Amp.



PAN

SET before on the classic by J.M. Barrie, this is the story of an orphan who is spirited away to the magical Neverland. There he finds both fun and danger, and ultimately discovers his destiny – to become the hero who will be forever known as Peter Pan. *Pan releases October 9, 2015.*



people's guide to TV's best programmes of the week...

October 8 – 14



BRING IT!

THE reality dance show returns with to shine a spotlight on the elite world of hip-hop majorette competitions. Coach **Dianna Williams** (aka 'Miss D') and her Dancing Dolls troupe refuse to lose, pushing themselves to the limit each week in the relentless pursuit of victory. *Catch Bring It, Mondays at 19h10 on Lifetime.*

ORANGE IS THE NEW BLACK

JOIN Piper Chapman, a career-driven woman who's just been served with a 15-month sentence in prison. The comedy features an all-female prison cast that'll blow your socks off.

Catch Orange Is The New Black, Wednesdays at 21h00 on M-Net Edge.

FLIPPING VEGAS

THE show follows **Scott Yancey** and his team, wife and interior designer **Amie**, and a bevy of project managers and real estate agents on their quest to renovate rundown homes and sell them for a profit.

Catch Flipping Vegas, Thursdays at 17h30 on Lifetime.

MISTRESSES

BASED on the hit UK television series of the same name, *Mistresses* is a provocative and thrilling drama about the scandalous lives of a sexy and sassy group of four girlfriends, each on her own path to self-discovery.

Catch Mistresses, Wednesdays at 20h30 on Vuzu Amp.



TOP 10 DStv PICKS



CONSTANTINE

BASED on the wildly popular comic book series *Hellblazer* from DC Comics, seasoned demon hunter and master of the occult John Constantine (Matt Ryan) is armed with a ferocious knowledge of the dark arts and a wicked wit. *Catch Constantine, Thursdays at 21h30 on Vuzu Amp.*

STORAGE WARS TEXAS

FOLLOW teams of bidders on their quest for auction gold and with a new series comes brand new buys, all-new finds and a few new faces. *Catch Storage Wars, Texas Mondays at 20h00 on History.*

BLACK SAILS

THIS pirate adventure series, set before the events of Robert Louis Stevenson's *Treasure Island*, centres on the most feared man, Captain Flint and his notorious crew. *Catch Black Sails, Tuesdays at 21h20 on History.*

BROTHERHOOD

FOLLOW the antics of Dan and Toby, two brothers who become surrogate parents to little brother Jamie after their mom passes away. *Catch Brotherhood, Mondays at 20h35 on Comedy Central.*

THE WENDY WILLIAMS SHOW

A MUST-SEE talk show that zooms in on the exclusive lives of Hollywood celebs, and features interviews and steamy topics. *Catch The Wendy Williams Show, weekdays at 19h55 on BET.*

DEAR GENEVIEVE

FINALLY, all your design questions can be answered! Genevieve Gorder offers down-to-earth advice to real people who have fallen out of love with their homes. *Catch Dear Genevieve, Tuesdays at 18h30 on The Home Channel.*



FOUR WEDDINGS SOUTH AFRICA

IN *Four Weddings South Africa*, each episode follows four brides as they attend each other's special wedding day. The series offers a unique range of cultural diversity, dynamic landscapes and delicious cuisine; from naked brides to biker brides, from Zulu brides to Tswana brides, the show is expected to cover a broad spectrum of emotions, relationships and local traditions. At the end of each episode, each bride must vote on who scored the highest marks for dress, venue, food and overall experience. The winning bride and groom will be whisked off on a dream holiday for that extra special honeymoon. *Catch Four Weddings South Africa from October 16, 2015 at 20h50.*



CARLY RAE JEPSEN COMES TO SA

MULTI-PLATINUM-SELLING Canadian recording artist Carly Rae Jepsen, best known for her *Call Me Maybe* and *Really Like You* hit songs, is coming to Mzansi this October. The 29-year-old beauty's plan to perform in front of her South African fans follows the release of her new album *E-MO-TION* which was released in stores in August. Carly will perform at Grand Arena, GrandWest Casino, Cape Town on October 21, 2015 and the Monument Amphitheatre, Pretoria on October 24, 2015 as part of her album tour. To purchase your tickets, visit www.computicket.com.



SPY

IF you missed this comedy film on the big screen, don't despair – you can still watch it on DVD. Susan Cooper (Melissa McCarthy) is an unassuming, deskbound CIA analyst, and the unsung hero behind the agency's most dangerous missions. But when her partner (Jude Law) falls off the grid and another top agent (Jason Statham) is compromised, she volunteers to go deep undercover to infiltrate the world of a deadly arms dealer, and prevent a global disaster. *Spy is available on DVD from retailers nationwide.*



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 65

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show 07:00 The McCarthys 07:30 The Night Shift 08:30 Chicago PD 09:30 Chef 11:30 The Goldbergs 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 Carte Blanche 15:00 The Good Wife 16:00 Clipped 17:00 The Ellen DeGeneres Show 18:00 Two And A Half Men 18:30 America's Got Talent 19:30 Power Couple South 20:30 Hawaii Five-O 21:30 Night Shift 22:30 The Good Wife 23:30 Last Week Tonight With John Oliver 00:00 Royal Pains 00:30 Home Sweet Hall 02:05 Haunt 03:20 The Giver 05:00 America's Got Talent	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 The Good Wife 08:30 Battle Creek 09:30 Magic In The Moonlight 11:30 Clipped 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 NCIS 15:00 Hawaii Five-O 16:00 Suits 17:00 The Ellen DeGeneres Show 18:00 Playing House 18:30 America's Got Talent 19:30 The Whispers 20:30 The Whispers 21:30 The Prince 22:15 Murder In The First 00:00 The Haunt 02:00 Grey's Anatomy 03:00 The Fixer 04:00 Royal Pains 05:00 America's Got Talent	06:00 The Boxcar Children 08:00 America's Got Talent 13:00 Revenge 14:00 Hawaii Five-O 15:00 Idols SA 17:00 The Good Wife 18:00 The Goldbergs 18:30 Playing House 19:00 The McCarthys 19:30 Mike And Molly 20:00 Royal Pains 21:00 Mr Robot 22:00 The Whispers 00:00 Bad Neighbours 01:35 The Colony 03:35 Bad Blood 05:15 Mr Pip	07:00 The Ellen DeGeneres Show 11:00 Tinker Bell And The Legend Of The Neverbeast 12:30 Idols SA 14:30 Madam Secretary 15:15 Chicago PD 16:00 Power Couple 17:00 Idols SA 19:00 Carte Blanche 20:05 Night At The Museum: Secret Of The Tomb 22:05 Last Week Tonight With John Oliver 22:40 No Good Deed 00:30 Behaving Badly 02:30 Made In Hollywood 04:05 Chef 04:30 Grace Of Monaco	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 Hawaii Five-O 08:30 Suits 09:30 All She Wishes 11:30 Playing House 12:00 Ellen's Design Challenge 13:00 Britain's Got Talent 14:00 Royal Pains 15:00 Zoo 16:00 Resurrection 17:00 The Ellen DeGeneres Show 18:00 The Goldbergs 18:30 Britain's Got Talent 19:30 Madam Secretary 20:30 Revenge 21:30 State Of Affairs 22:30 Carte Blanche 23:30 Murder In The First 00:00 Tammy 02:30 The Hundred-Foot Journey 03:40 Alexander And The Terrible, Horrible, No Good, Very Bad Day	06:00 The Ellen DeGeneres Show 07:00 Clipped 07:30 The Whispers 08:30 Idols SA 10:30 Resurrection 11:30 The McCarthys 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 Madam Secretary 15:00 The Fixer 16:00 Grey's Anatomy 17:00 The Ellen DeGeneres Show 18:00 Playing House 18:30 Britain's Got Talent 19:30 Chicago PD 20:30 Mr Robot 21:30 Murder In The First 22:30 My Story 23:30 The Good wife 00:30 Last Week Tonight With John Oliver 01:00 The Quiet Ones 03:20 Into The Storm 05:00 America's Got Talent	06:00 The Ellen DeGeneres Show 07:00 The Goldbergs 07:30 Revenge 08:30 Madam Secretary 10:30 The Whispers 11:30 The McCarthys 12:00 The Ellen DeGeneres Show 13:00 MasterChef Australia 14:00 Madam Secretary 15:00 The Fixer 16:00 Grey's Anatomy 17:00 The Ellen DeGeneres Show 18:00 The McCarthy 18:30 Britain's Got Talent 19:30 The Big Bang Theory 20:00 The Big Bang Theory 20:30 The Good Wife 21:30 Secrets And Lies 22:30 Battle Creek 23:30 Murder In The First 00:45 The Drop 02:15 The East 04:00 Entertainment Now

Top Pick This Week



No Good Deed

Fun Fact

Night At The Museum: Secret Of The Tomb

ACTOR Ben isn't the only Stiller to appear in this film – his two little kids, Ella Olivia Stiller and Quinn Dempsey Stiller – make a cameo as the children staring at the gang when they were sitting on the bus.

Synopsis

Magic In The Moonlight

STANLEY is a magician who has dedicated his life to revealing fraudulent spiritualists, and plans to uncover the truth behind celebrated Sophie and her scheming mother. But as he spends with her, he starts thinking that she might actually be able to communicate with the other world.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 Kids News & Current Affairs 06:30 YO.TV 07:00 YO.TV Land 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy R 09:30 Muvhango 10:00 Skeem Saam R 10:30 Retro Comedy 11:00 Stumbo Stomp 11:30 100% Youth First 12:00 Sports @ 10 13:00 Lunchtime News 13:30 Fan Base 14:00 Zaziwa 14:30 Galaxy Racers 15:00 YO.TV 16:00 Bona Retsang 16:30 My World 17:30 News (Siswati/Ndebele) 18:00 100% Youth 18:30 Skeem Saam 19:00 News 19:30 Zaziwa 20:00 Generations: The Legacy 20:30 End Game 21:30 Cutting Edge 22:00 Home Affairs 23:00 Ispani	05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Sports Buzz 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy R 09:30 Muvhango 10:00 Skeem Saam R 10:30 Emzini 11:00 Wezinsizwa 11:30 Cutting Edge 12:00 Jika Majika 12:30 Friends Like These 13:00 Lunchtime News 13:30 Yilungelo Lakho 14:30 Foreign Children 15:00 YO.TV 16:00 Bona Retsang 16:30 Ba Kae 16:59 Centre Stage 17:28 Devotion Region 18:00 Fan Base 18:30 Skeem Saam 19:00 News 19:30 1's and 2's 20:00 Generations: The Legacy 20:30 Temy Pushas 21:00 Live Amp 22:00 Muhammad Ali's Greatest Fight 00:00 Koze Kuse	05:00 Geleza Nathi 06:00 African Spiritual Realms 06:30 Siyakholwa 07:00 Carl 07:30 YO.TV Mmino 08:00 YO.TV What's In The Fridge 08:15 YO.TV Yo Hambo 08:30 Matt Hatter 09:00 Mzansi Insider 10:00 Generations: The Legacy (Omnibus) 12:30 Imizwili 13:30 Sport Magazine 14:00 Soccer 411 15:00 Soccer Build-Up 15:30 Laduma Live 17:30 Roots 18:00 Friends Like These 19:00 News 19:30 Real Goboza 20:00 Soccer Build-Up 20:15 Soccer 22:00 Skyroom Live 23:00 Mzansi Insider	05:00 Geleza Nathi 06:00 Siyakholwa 06:30 Bonisanani 07:00 Carl 07:30 YO.TV 08:00 YO.TV 08:15 YO.TV 08:30 Matt Hatter 09:00 Mzansi Insider 10:00 Gospel Gold 11:00 Identity 11:30 The Chatroom 12:00 Big Up 12:30 Roots 13:00 Sunday Chillas 14:00 Real Goboza 14:30 Nedbank Ke Yona 15:00 Laduma 17:30 Code Green 18:00 Joyous 19:00 Celebration 19:30 News 20:00 Sunday Live 22:00 TBA 22:30 The Game 23:00 My Perfect Family 00:00 Gospel Gold 00:00 Koze Kuse	05:00 Aum 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Paws And Claws 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy R 09:30 Muvhango 10:00 Skeem Saam R 10:30 Emzini 11:00 Shift 12:00 Yilungelo Lakho 13:00 Lunchtime News 13:30 Making Moves 14:30 Matt Hatter 15:00 YO.TV 16:00 LOC Youth 16:30 Shift 17:28 Aum 17:30 News 18:00 Now Or Never 18:30 Skeem Saam 19:30 Ses'Top La 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Soccer Zone 22:00 My World 23:00 Shift	05:00 Izwi La Bantu 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Zenzele 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy R 09:30 Muvhango 10:00 Skeem Saam R 10:30 Emzini 11:00 Shift 12:00 Soccer Zone 13:00 Lunchtime News 13:30 Ispani 14:30 Iron Man 15:00 YO.TV 16:00 Teenagers On A Mission 16:30 Shift 17:28 Izwi La Bantu 17:30 News 18:00 Nyan Nyan 18:30 Skeem Saam 19:00 News 19:30 Selimathunzi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Find Me My Man 22:00 Making Moves 23:00 Shift 00:00 Koze Kuse	05:00 Devotion Region 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 06:45 YO.TV 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy R 09:30 Muvhango 10:00 Skeem Saam R 10:30 Emzini 11:00 Wezinsizwa 11:30 Rise 12:00 Selimathunzi 12:30 Khumbul'ekhaya 13:00 Lunchtime News 13:30 My World 14:30 Hurray For Huckle 15:00 YO.TV 16:00 Bona Retsang 16:30 My World 17:28 Devotion Region 17:30 News 18:00 Remix 18:30 Skeem Saam 19:00 News 19:30 Single Galz 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Khumbul'ekhaya 22:00 Sports @10 23:00 Soccer



FUN FACT

JESSICA once auditioned to be a *Top Billing* presenter.

SET SELFIE

LOCAL beauty **Jessica Nkosi** is one of Mzansi's most gorgeous individuals. The talented *IsiBaya* actress was spotted on the set of the popular soapie with rapper/actor **Riky Rick**. **Jessica** plays the role of Qondi, a newlywed who just got hitched to a king. **Riky** didn't have to step away from his comfort zone, starring as Mandelic, a music producer on the local drama. *IsiBaya* airs weekdays at 20h30 on Mzansi Magic.

CHECK OUT THE POSE

SPOTTED behind the scenes of new local soapie *The Road* is **Sthembiso Khoza** and **Sthandiwe Kgoroge**. The two actors posted this pic on social media after filming a scene for the Mzansi Magic show. **Sthembiso** stars as hunky glamour boy Bandile Luthuli and **Sthandiwe** plays control freak and perfectionist Xolile Masondo. *Catch The Road* Mondays to Thursdays at 19h30 on Mzansi Magic.



FUN FACT

STHEMBISO is the proud father of two beautiful daughters.

FUN FACT

CAGE has two older brothers, Marc and Christopher Coppola, both of whom have worked in the film business.

CAGEY NEW ROLE

SPOTTED filming scenes on the set of *Army Of One* is *Con Air* actor **Nicolas Cage**. The famous Hollywood star was in Vancouver when this shot was taken. The comedy follows the story of an ex con who travels to a volatile region of Pakistan to capture Osama bin Laden himself, armed with only a sword. **It has not been confirmed when *Army Of One* will hit Mzansi's screens.**



Celebs Having Their Say On Twitter...

You Said What?



"I'd rather watch a how to video on YouTube than read the actual manual."
— **Sinazo Yolwa**

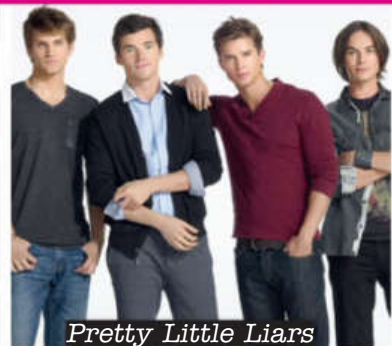
"You are what you repeatedly do. Apply excellence ALL the time." — **Khanya Mkangisa**

"Comparison is judging and judging a person does not define who they are it defines who you are." — **Avril Lavigne**



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Informercials 05:30 Living Land 05:57 Motheo 06:00 Morning Live 08:00 Parliament: A View From The House 09:00 Inside The Baobab Tree 09:30 Tree Fu Tom 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Women In Science 12:00 Love That Girl 12:30 In The Name Of Love 13:00 Dr Phil 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 Restyle My Style 17:30 News (Venda/ Tsonga) 18:00 Leihlo La Sechaba 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 The Jamie Foxx Show 20:30 La Familia 21:00 Muvhango 21:30 Speak Out 22:00 Wives With Knives 23:00 NCIS 00:00 Open University 01:00 Dr Phil 02:00 Deutsche Welle	05:30 Living Land 05:57 Motheo 06:00 Morning Live 08:00 Parliament: A View From The House 09:00 Inside The Baobab Tree 09:30 Tree Fu Tom 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Mother Of All Professions 11:30 Ngula Ya Vutivi 12:00 Leihlo La Setshaba 05:30 When Duty Calls 13:00 Interface 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 Siyaya Come Wild With Us 17:30 News (Venda/ Tsonga) 18:00 Pasella 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Musiek 21:00 Muvhango 21:30 Powerball 21:34 Ditlabonyane Ke Ditlaboima 22:00 In The Name Of Love 22:30 Smallville 23:30 Motswako 00:00 Mali 00:30 Deutsche Welle	05:30 Living Land 05:57 Op Pad 06:00 Thabang 06:30 Thabong 07:00 Inside The Baobab Tree 08:30 Morning Live 09:30 House Call 10:00 Thukuta 10:30 Athletics Alive 11:00 Sportview 11:30 One Piece 12:30 Muvhango (Omnibus) 15:00 RWC: Samoa Vs Scotland 18:00 Wipeout USA 19:00 Nuus 20:00 Gauteng Maboneng 20:30 TBA 23:00 RWC: New Zealand Vs Tonga	05:57 Motheo 06:00 Thabang 06:30 Hug A Tree 07:00 Morning Live 08:30 Simcha 09:00 Issues Of Faith 10:00 Hosanna 10:30 Psalted 11:00 Saath Phere 12:30 7de Laan (Omnibus) 15:00 RWC: Italy Vs Romania 18:00 Gospel Classics 19:00 Nuus 19:30 News 20:00 Majakathata 20:30 RWC: USA Vs Japan 22:00 NCIS 23:00 Vampire Diaries 00:00 Saath Phere 01:00 Deutsche Welle	05:30 Living Land 05:57 Motheo 06:00 Morning Live 08:00 Parliament: A View From The House 08:30 Magical World Of Luna-Belle 09:15 Magical World Of Luna-Belle 09:30 Tree Fu Tom 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Super Nanny 11:30 Rands With Sense 13:00 Dr Phil 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 When Duty Calls 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Pretty Little Liars 21:00 Muvhango 21:30 Ga Re Dumele 22:00 TBA 00:00 RWC: Argentina Vs Namibia 02:00 Dr Phil 03:00 Deutsche Welle	05:30 Living Land 05:57 Motheo 06:00 Morning Live 08:00 Parliament: A View From The House 09:00 Inside The Baobab Tree 09:30 Tree Fu Tom 10:00 Takalani Sesame 10:30 Rivoningo 11:00 Words And Numbers 11:30 How Do They Do That 12:00 Talk SA 12:30 Golden Years 13:00 Dr Phil 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 Ngula Ya Vutivi/ Zwa Maramani 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 All Of Us 20:30 Dream School 21:00 Muvhango 21:30 Powerball 21:34 Gospel Classic 22:30 Psalted 23:00 Open University 00:00 Dr Phil 01:00 Mali 05:30 Deutsche Welle	05:30 Breaking New Ground 05:57 Op Pad 06:00 Morning Live 08:00 Parliament: A View From The House 09:00 Inside The Baobab Tree 09:30 Tree Fu Tom 10:00 Takalani Sesame 10:30 Sports Lifestyle 11:00 Rivoningo 11:30 Roughing It Out 12:00 It's For Life 12:30 48 Hours 13:00 Dr Phil 14:00 7de Laan ^R 14:30 Mali 15:00 Skeem Saam 15:30 Muvhango ^R 16:00 Hectic Nine-9 17:00 One Piece 17:30 News (Venda/ Tsonga) 18:00 Motswako 18:30 7de Laan 19:00 Nuus 19:30 News 20:00 Love That Girl 20:30 Dream School 21:00 Live Lotto Draw 21:04 Muvhango 21:30 Mamello 22:00 Afro Café 23:00 Pretty Little Liars 00:00 Open University 01:00 Dr Phil 02:00 Mali 02:30 Deutsche Welle

Top Pick This Week



Pretty Little Liars

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping 05:30 Snazzy Stories 06:00 Espresso 08:30 The Real 09:30 Days Of Our Lives 10:30 High Rollers 11:00 Isidingo ^R 11:30 7de Laan 12:00 Magnum PI 13:00 News 14:00 The Meredith Vieira Show 15:00 The Real 16:00 Afternoon Express 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Top Billing 20:30 Man Cave 21:00 Girl Eat World 22:00 Super Natural 23:00 Those Who Can't 00:00 Miami Vice 01:00 The Meredith Vieira Show 02:00 3 Talk ^R 03:00 Top Billing ^R	05:00 AM Shopping 05:30 Snazzy Stories 06:00 Espresso 08:30 Dr Oz show 09:30 Days Of Our Lives 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 12:00 Miami Vice 13:00 News 14:00 The Meredith Vieira Show 15:00 Clover's Big Little Cook Off 16:00 Afternoon Express 17:00 Days Of Our Lives 18:00 The Bold And The Beautiful 18:30 News 19:00 Isidingo 19:30 Win A Home 20:30 Minute To Win It 21:30 Club Culture 22:30 The Good Wife 23:25 Sports Wrap 23:30 Fokus 00:00 Miami Vice 01:00 The Meredith Vieira Show 02:00 3 Talk 03:00 Top Billing 04:00 Isidingo 04:30 The Bold And The Beautiful	06:00 Magic Cellar 06:32 Mickey Mouse Clubhouse 07:00 Arthur 07:30 Creature Club 08:00 Gloss It Up 08:30 Technorati 09:00 Cooking Magic 09:30 Which Way 10:00 Violetta 10:30 Music Moves Me 11:00 An Nur 12:30 The Bold And The Beautiful 15:00 America's Next Top Model 16:00 Man Cave 16:30 Strictly Come Dancing 17:00 Win A Home 17:30 Dream Machine 18:30 News 19:00 Magic With Mo 19:30 Les Misérables 21:30 Desperate Housewives 22:30 Two And A Half Men 22:55 Sport Wrap 23:00 The Big Bang Theory 23:30 Club Culture 00:30 Roer Jou Voete 01:30 An Nur ^R 02:00 Sadhana 02:30 DTV 03:00 Fokus	05:00 AM Shopping 06:00 Takalani Sesame 06:30 Mickey Mouse Clubhouse 07:03 Thundercats 07:30 Arthur 08:00 Garbage Gallery 08:30 Creature Club 09:00 Meet Joe Food 09:30 Wonna Be Young Designers 09:30 Urbo: Radical Adventures Of Pax Africa 10:00 New Day 10:30 Isidingo (Omnibus) 12:30 Top Billing ^R 13:30 Amazing Race 14:30 TBA 16:30 Clover's Big Little Cook Off 17:30 50/50 18:30 Minute To Win It 19:00 Fokus 19:30 Muhammad Ali: The Greatest 20:30 Special Assignment 21:00 Numbers 22:00 Arrow 22:30 Car Torque 23:00 America's Next Top Model 00:00 Chicago Fire 01:00 Days Of Our Lives (Omnibus)	05:00 AM Shopping 05:30 Kiddies 06:00 Espresso 08:30 Dr Oz show 09:30 Days Of Our Lives 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 12:00 Kojak 13:00 News 13:27 Africa News Update 14:00 The Meredith Vieira Show 15:00 The Real 16:00 Afternoon Express 17:00 Days Of Our Lives 18:00 News 18:30 The Bold And The Beautiful 19:00 Isidingo 19:30 High Rollers 20:00 Roer Jou Voete 21:00 CSI 22:00 Californication 22:30 The Mentalist 23:30 Special Assignment 00:00 Kojak 01:00 The Meredith Vieira Show 02:00 3 Talk 03:00 Steven And Chris 04:00 Dr Oz Show	05:30 Kiddies 06:00 Espresso 08:30 Dr Oz show 09:30 Days Of Our Lives 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 13:00 News 13:27 Africa News Update 14:00 The Meredith Vieira Show 15:00 The Real 16:00 Afternoon Express 17:00 Days Of Our Lives 18:00 News 18:30 The Bold And The Beautiful 19:00 Isidingo 19:30 High Rollers 20:00 Roer Jou Voete 21:00 CSI 22:00 Californication 22:30 The Mentalist 23:30 Special Assignment 00:00 Kojak 01:00 The Meredith Vieira Show 02:00 3 Talk 03:00 Steven And Chris 04:00 Dr Oz Show	05:00 AM Shopping 05:30 Kiddies 06:00 Espresso 08:30 Dr Oz show 09:30 Days Of Our Lives 10:30 Generations: The Legacy 11:00 Isidingo ^R 11:30 7de Laan 13:00 News 14:00 The Meredith Vieira Show 15:00 The Real 16:00 Afternoon Express 17:00 Days Of Our Lives 18:00 News 18:30 The Bold And The Beautiful 19:00 Isidingo 19:30 High Rollers 20:00 Roer Jou Voete 21:00 CSI 22:00 Californication 22:30 The Mentalist 23:30 Special Assignment 00:00 Kojak 01:00 The Meredith Vieira Show 02:00 3 Talk 03:00 Steven And Chris 04:00 Dr Oz Show

On The Box This Week

Project Runway, Tuesdays at 19h30 on Vuzu.

THE designers get the chance to show off their own aesthetic when they create editorial-worthy looks to be worn by actress **Jordana Brewster** in *Marie Claire*.



The Real Housewives of Beverly Hills, Fridays at 19h30 on Vuzu.

THE girls share their health and beauty regimens on the reunion episode. **Brandi Glanville** also opens up about the tough year she has had in this emotional episode.



Dance Moms Throwback Special, Saturdays at 21h35 on Lifetime.

WE take a look at **Maddie** and **Melissa's** *Dance Moms* journey, from **Maddie's** days as an amateur, to her life now as the most famous 12-year-old dancer in the world. We also get the behind-the-scenes scoop on their relationship.



NEWS and views from the
world of reality television.

Reality Bites

BY EL BROIDE

Howard Stern Bids America's Got Talent Farewell

NOOOOO! After four amazing seasons on *America's Got Talent*, 61-year-old radio legend **Howard Stern** has decided to leave the show – and his exit has left a dark hole in the hearts of many of the fans who can't get enough of the talent show. "Four years ago, when I started on AGT, my thought was, 'It would be really cool to be a judge 'cause I think I have something to offer.' If I had any dream about this, it was that I could take someone who was struggling and seriously give advice. I was told over and over again that I had no talent. I was in college radio. No one was banking on me. I sent a copy of my show to my father. My father wrote me back a five-page letter, and it was brutally honest. These are the things you sometimes say, 'Gee, did he have to be so harsh like that?' It wasn't harsh. It was out of love," **Howard** said on his last day on set.

Howard was the harshest judge over the past few seasons but we love how passionate he was and now we clearly understand it was all out of love for the contestants. We'll miss you, **Howard**!



Schalk Bezuidenhout To Host New Dating Show

HE'S the hottest new comedian on the local comedy scene and it seems like no one can stop talking about **Schalk Bezuidenhout** and his unique flavour of comedy. Now, luckily for us, the comedian will serve as the host of a new Afrikaans dating show called *Bakkie*. The show will be a tongue-in-cheek approach to finding people who are tired of being single and will do whatever it takes to find love. Well, with **Schalk's** sense of humour, you know this is going to be a show you can't miss! Want to be part of the action? Simple. You need to be between the ages of 21 and 40, active on social media and be ready to give love a chance as **Schalk** takes you on a ride to find true love – no matter the cost! Simply email inskrywings@afrikaans.co.za and let them know a bit more about you. Remember – add your name, age, interests and, naturally, an image or two! We can't wait until this premieres!

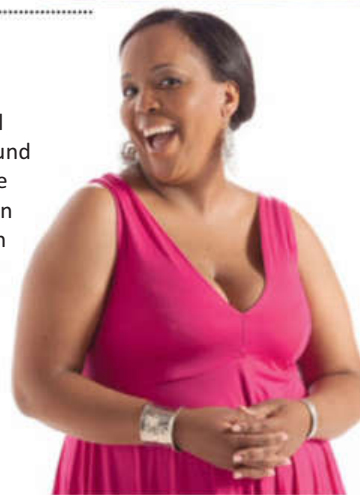


Tumi Morake To Return To Our Perfect Wedding?

SUNDAY nights without our weekly dose of *Our Perfect Wedding* will never be the same. The show has become a huge phenomenon around the country and we were distraught when host **Tumi Morake** left the show. She was replaced by **Ayanda Mpama**, and while **Ayanda** did an excellent we really missed **Tumi's** flare. But there's good news – with the announcement of **Ayanda's** departure from the show, rumours



are circulating that the programme's next season will see **Tumi** return to her position as host! "My time has ended, I was blessed to be on that show because I got to learn so many things about other people's cultures and also about myself," **Ayanda** said of her leaving. "The producers had told me beforehand that I was going to be compared to the other hosts because it always happens. But I think it was worse with me, I don't know why."



Natalie Roos Returns To TV!

WE clearly remember the days when we used to crush so hard on **Natalie Roos** back when she was a presenter on K.TV. After eight years on the youth channel and two on music channel MK, the presenter went under the radar for a while. But now the star is heading back to TV as she hosts an upcoming reality show that will see contestants go from drab to fab with an amazing makeover right in front of our very eyes! "I can't divulge too many details just yet, but I can tell you that it's a style makeover show which will be broadcast on a new Afrikaans channel launching on DStv later this year," **Natalie** said on a blog post announcing her new venture. We can't wait to see **Natalie** back on our screens! It's about time!

WWW.ELITEPHOTOAGENCY.COM



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 69

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 08:30 Infomercials 09:00 Rhythm City 09:30 Scandal! 10:00 Ekse Zwakala 10:30 The Young And The Restless ^R 11:30 Checkpoint 12:00 Makwaya 12:30 Backstage 13:00 News Day 13:30 WWE Raw 14:30 Quiz Time 14:35 Cool Catz 15:00 SpongeBob SquarePants 15:30 Jackie Chan Adventures 16:00 Craz-e World Live 16:30 The Steve Harvey Show 17:30 Just Shoot Me 18:00 Hush 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Gold Diggers 20:30 The Take 22:45 Hunt For Eagle One: Crash Point 01:00 Hunt For Eagle One: Crash Point 03:00 Hunt For Eagle One: Crash Point	05:00 Life By Design 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 08:30 Infomercials 09:00 Rhythm City 09:30 Scandal! 10:00 Hush 10:30 The Young And The Restless ^R 11:30 eKasi: Our Stories 12:30 Backstage 13:00 News Day 2015 13:30 WWE NXT 14:30 Running Free 16:20 Frenzy 16:30 The Steve Harvey Show 17:30 Just Shoot Me 18:00 Club 808: Make Some Noise 18:30 eNews Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Gold Diggers 20:30 The Take 22:35 Hunt For Eagle One: Crash Point 00:30 The Take 02:25 Hunt For Eagle One: Crash Point 04:10 The Ellen DeGeneres Show 04:40 The Planet's Funniest Animals	05:00 Medical Detectives 05:30 Infomercials 06:00 The Planet's Funniest Animals 06:35 Cool Catz 07:00 Quiz Time 07:05 Cool Catz 07:30 Everything's Rosie 07:45 Fireman Sam 08:00 Julius Jr 08:30 SpongeBob SquarePants 09:00 Sistahood 09:30 Scandal! (Omnibus) 11:30 Paternity Court 12:00 Hell Date 12:30 e-Shibobo 13:30 The Planet's Funniest Animals 14:05 TBA 16:00 The Planet's Funniest Animals 17:00 WWE Smackdown 18:00 e-News Early Edition 18:05 Reality Check 18:30 B&B 19:00 e-News Prime Time 19:30 Johnson Family Vacation 21:25 The Sitter 23:20 Triplecross 01:05 The Sitter 02:45 The Ellen Show 04:30 DeGeneres Show 04:30 Hell Date	05:00 Infomercials 05:30 Joseph Prince: New Creation Church TV 06:00 Die Woord 06:30 Creflo Dollar 07:00 Grassroots 07:30 Hillsong 08:00 Quiz Time 08:05 Cool Catz 08:30 Kung Fu Panda 09:00 Max Steel 09:30 Shiz Niz 10:00 Behind The Gospel 11:00 Braxton Family Values 12:00 Bogus 14:10 Centre Stage: Turn It Up 13:50 WWE Specials 16:00 Tamar And Vince 17:00 WWE Raw 18:00 e-News Early Edition 18:05 SA's Got Talent 19:00 e-News Prime Time 19:30 Modern Family 20:00 Quantum Of Solace 22:20 A Raisin In The Sun 03:05 A Raisin In The Sun 04:45 The Planet's Funniest Animals	05:00 Creflo Dollar 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 08:30 Infomercials 09:00 Rhythm City 09:30 Scandal! 10:00 e-Shibobo 10:30 The Young And The Restless ^R 11:30 Great Expectations 12:00 Checkpoint 12:30 Backstage 13:00 News Day 2015 13:30 WWE Superstars 14:30 Peppa Pig 14:35 Cool Catz 15:00 Everything's Rosie 15:15 Fireman Sam 15:30 Transformers: Beast Machines 16:00 Sistahood 16:30 The Steve Harvey Show 17:30 Catch It With Khanyi 18:00 Shikisha 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Gold Diggers 20:30 Coke Studio 21:00 Umhlo 22:00 Alliance 00:25 Blood Knots 00:25 Murder One 02:00 Le Divorce 03:55 Murder One	05:00 Hillsong 09:00 Rhythm City 09:30 Scandal! 10:00 Catch It With Khanyi 10:30 The Young And The Restless 11:30 Great Expectations 12:30 Backstage 13:00 News Day 13:30 WWE 14:30 Experience 14:35 Quiz Time 15:00 Julius Jr 15:30 Pokémon 16:00 Shiz Niz 16:30 The Steve Harvey Show 17:25 e-Insert 17:30 Ekse Zwakala 18:00 TBA 18:30 e-News Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Gold Diggers 20:30 TBA 21:00 Powerball Draw 21:05 Matatiele 21:35 Z'bondiwe 22:05 Checkpoint 22:35 Children Of The Night 00:25 TBA 02:10 Children Of The Night 04:20 House Of Payne 04:50 The Planet's Funniest Animals Filler	05:00 Die Woord 05:30 e-News Sunrise 06:00 e-News Sunrise 08:00 e-News Sunrise 08:30 Infomercials 09:00 Rhythm City 09:30 Scandal! 10:00 Ekse Zwakala 10:30 The Young And The Restless 11:30 Supernanny 12:30 Backstage 13:00 News Day 13:30 WWE Smackdown 14:30 Quiz Time 14:35 Cool Catz 15:00 The Penguins Of Madagascar 15:30 Frenzy 16:00 Supa Strikas 16:30 The Steve Harvey Show 17:30 Ekse Zwakala 18:00 TBA 18:30 eNews Prime Time 19:00 Rhythm City 19:30 Scandal! 20:00 Gold Diggers 20:30 Spina Guluva 21:00 WWE Main Event 22:00 Black Swan 00:20 24 Hours Woman 01:55 DC 9/11: Time Of Crisis 04:05 Mad About You 04:35 The Planet's Funniest Animals

Top Pick This Week



Bogus

Synopsis

The Sitter

NOAH is not your typical babysitter; he'd rather be doing anything else, especially if it involves slacking. While watching the neighbour's kid he gets a booty call from his girlfriend in the city. To hook up with her, Noah takes to the streets, but his urban adventure spins out of control as he finds himself on the run from a maniacal drug lord.

GIG GUIDE

Where YOU Should Be Seen

October 8 - 14

Zoid And Van Coke



October 9, Macufe Divas 2015, Macufe Dome, Bloemfontein.
Tickets are R250.

October 9, Zoid And Van Coke Kartel, Kyknet Auditorium, Potchefstroom. Tickets are R130.

October 10, Macufe Main Music Concert, Rose Garden, Loch Logan, Bloemfontein. Tickets are R320.

FOR MORE INFO GO TO
WWW.COMPUTICKET.CO.ZA

Off The Record With... Ameen Harron

BY EL BROIDE

WE chat to musicians making waves in the SA music scene!

THE name might not be too familiar, but Ameen Harron is on the road to superstardom. He is currently working with veteran artists such as Jimmy Nevis, AKA, Proverb and Danny K to name a few, and his debut album *Masks*, which drops early next year, is set to be one of the biggest debut albums of 2016! El caught up with him and discussed his passion for music, collaborations and the future.

Where did your passion for music stem from?

As a child I spent most of my time listening to the radio, my mom's records and mix tapes. I remember the day my uncle bought a home system with a microphone and I heard myself through it for the first time... I remember the excitement I felt yelling at my mom telling her I'm on radio!

How did your journey into the music industry begin?

Growing up I started DJing because TV gave me the impression that DJs make music, so I bought into the David Guetta dream until I stumbled on some production software by accident thinking it was DJing software. I started making some beats in high school for some hip-hop acts and then started networking with artists trying to pitch for their albums.

You've teamed up with the likes of Lakota Silva and DeaderThanDisco. Are collaborations challenging?

I don't really find it hard to work with other people. I think that if you establish a good working energy with anybody, all it becomes is an opportunity to grow through sharing ideas.

What are your thoughts on the current state of the South African music industry?

I feel like it's way too influenced – I mean

influence is good and I'm not saying that I'm free from that, I just get frustrated that the term 'local' music is the term used to describe a poor standard of music. It's caused musicians to emulate as opposed to learn from the 'international' sounds fed to us.

How does a song of yours come together?

I hear melodies to moments. I could go for a run, see something interesting and suddenly there's music to that moment. Finding the appropriate sounds to capturing the energy of that mood is the immediate process to follow when I get to studio.

What are you up to in the next few months?

My album's the first project to be released off my label The Cartel, and we've got some interesting artists we're working with. Prepare for something new and interesting!



Born In The Echos The Chemical Brothers

★★★★

ENGLISH dance music duo The Chemical Brothers are back! After a five-year hiatus, they have dropped their eighth studio album, *Born In The Echos*, and bring the old school electro sound back to popular music! There are brilliant depths and layers to each and every track on the record, making this an incredibly unique album. Their use of instruments is phenomenal and we love how each track was incredibly thought out. If you're a big fan of the duo, you will enjoy the album.

El's Favourite Track: Go



Into The Wild – EP Connell Cruise

★★★★

WHEN local heart-throb Connell Cruise burst into the scene with his debut single *Not Just Friends*, the local music industry bustled with the breath of fresh air he brought to it. Fast-forward to today, and he's signed an international deal with Island Records and has just dropped his brand new *Into The Wild* EP. We love that he's finally found his sound and it's a rather unique one. Connell is hard at work preparing his stuff for the American market and it's great that he has dropped some new music for his local fans, who've been itching for new material. The tracks are more youthful than before, and if this is an indication of what's to come, we totes can't wait.

El's Favourite Track: Into The Wild



To Pimp A Butterfly Kendrick Lamar

★★★★★

US rapper Kendrick Lamar has been hard at work recording his third album, *To Pimp A Butterfly*, and it's finally here! The record has already spawned the smash-hits *i*, *The Blacker The Berry* and *King Kunta*. The one advantage Kendrick has always had is his ability to write some fantastic raps – and this album is filled with brilliant songs from start to finish. That, paired with some of the best hip-hop productions we've heard in a long time, makes this record a classic.

El's Favourite Track: Alright



TV QUIZ

1. Who is found dead in episode *Punch Drunk* and leaves behind a suicide note confessing to the murder of Cindy?
2. In episode *Win Some, Lose Some*, who tells Wilkerson that he was the one who sent the sex tape to his wife?
3. How is Blunt caught in episode *Burning Woman* violating the terms on his condition?
4. How does Blunt violate the conditions on his bond?
5. In episode *Punch Drunk*, English travels to San Quentin to apologise to whom for beating him during interrogation?
6. Who do English and Mulligan suspect of writing the suicide note found with Mark's body in episode *Suck My Alibi*?
7. In episode *The City Of Sisterly Love*, how does Mulligan obtain Blunt's DNA sample?
8. At a dinner at Mulligan's house in episode *Burning Woman*, what happens between English and Mulligan?
9. Who plays the role of Inspector Terry English?
10. What role does Currie Graham play?

TRIVIA

1. A palmiped's feet are more commonly called what?
2. The Intu Metrocentre is a shopping centre in which town?
3. What is the SI unit of luminous intensity?
4. What is another word for a topless bikini?
5. What person can be 'maritorious'?
6. Carpenter, weaver, pharaoh, army, bull, meat and honeypot are all examples of what?
7. Complete the purported inscription on King Arthur's grave. "Here lies Arthur,..."
8. Who said, "The eyes of the world are upon you" on June 6, 1944?
9. Which novel begins with the words: "It was a pleasure to burn"?
10. Which magical creature played 'along the cherry lane'?

CELEB QUIZ

1. True or False: **James Franco** wants to teach film to Palo Alto high school students.
2. Which award-winning singer has confirmed he'll sing the next Bond theme tune?
3. When is **Wiz Khalifa**'s birthday?
4. Who is **Atandwa Kani** engaged to?
5. **Nonhle Ndala** is having a baby with which local soccer star?
6. Which local soapie has Portuguese translations?
7. How old is **Minnie Dlamini**?
8. **Pallance Dladla** plays on which soapie?
9. True or False: **Chris Brown** and **Rita Ora** are an item.
10. Which famous rapper's two-year-old son modelled for LA Gear?

Murder
In The First
airs Tuesdays
at 21h30 on
M-Net.



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 71



Soaps

**SOAPIE
STAR OF
THE WEEK**

**Motlatsi Mafatshe stars as
Sechaba Moloi in *Isidingo***

Juicy Bites

Isidingo's Motlatsi Mafatshe Facts

- * His all-time favourite movies are *Ocean's Eleven* and *Pearl Harbour*.
- * His favourite actors are **Denzel Washington** and **Cuba Gooding Jr.**
- * He is happily married to designer and childhood sweetheart Millicent 'Mimi' Nkangane.

ISIDINGO

EDDIE is on the warpath for a suspect in Mbatha's killing and he sets his sights on Sechaba. Aphiwe unwittingly shows her hand with regards to her feelings for Calvin.

Lincoln and Katlego seemingly at odds find common ground in old custom. Sechaba is arrested for the murder of Mbatha. Aphiwe's mortified to learn that Calvin knows she's into him. Katlego and Lincoln return from KZN in a good place. Sechaba is Eddie's prime suspect unless Nina steps forward to clear his

name. Aphiwe struggles to fight her crush on Calvin until Gabriel provides a distraction. Katlego's tries to share her happiness with Nikiwe but faces some resistance. Sechaba begs Nina for help but chillingly, she declines. Aphiwe accepts Gabriel's offer but struggles to let go of her crush on Calvin. Lincoln can't wait to be a dad, but is he going a bit too far?

Isidingo, weekdays on SABC 3 at 19h30.

BINNELANDERS

AT is desperately looking for Daleen, while Tertius is looking for Sara. The 'Grease' night brings Ilse to a crossroads, and Bronwyn talks to Annalize about Steve. Okkie will have to get used to the new status quo, and one call changes everything in one man's life. At will have to play a very cunning game if he wants to save someone's life, and Ivanka has advice for Steve on Bronwyn. Okkie gets a huge surprise, and Tertius tries to be the hero of the hour. Annalize has a plan with Lexi, and Sara asks for forgiveness. At gives Rossouw a task – and makes it very clear that he has no qualms with collateral damage. Adam explains to Sara in no uncertain terms what's about to happen. Steve and Bronwyn are concerned about Lexi's attitude, while the nurses are convinced that something is brewing between two colleagues. Annalize reminds Steve of his financial troubles, and Sara's plan involves a great deal of risk.

Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.

SCANDAL

ZINZILE receives a terrible shock and Mlungisi realises he has to tread carefully with her. Gontse tells a friend that she finds her heart fluttering more than it should. Layla makes an offer which she believes will set her up nicely and Mangi receives a lawyer's letter containing an order. Lindiwe and Scelo arrive at a horrifying conclusion. Something that two people actually want has one of them running away. Dintle resorts to blackmail when she fears her status will take a drop. Zinzile accepts a truth about the past but fears for the future. Gloria is determined to stand in the way of a budding relationship. Mangi is pleased that a problem in his life has been resolved but devastated that a big plan failed to come together. Scelo and Lindiwe discover they will never be able to look at their father the same way again. Ndimiso sets his sights on bigger fish, but is really covering his pain.

Scandal, weekdays on e.tv at 19h30.

The Great Bake

IT'S finally here:
the local version
of the hit show
everyone's been
waiting for!

THE exciting baking show built on the success of the popular BBC series *The Great British Bake Off* will see amateur bakers compete to be named South Africa's best home baker. The programme's compelling mix of dreams and passion, competition and drama has made it a huge hit. In this feature we introduce you to the presenters and the judges.

Meet The Presenters

COMEDIENNE and stand-up performer **Anne Hirsch** has three one-woman shows under her belt. The **Angelina Jolie** fan won the Woman of the Year award in the 'Next Big Thing' category from a well-known SA publication. The Cape Town-based star hosts her own popular YouTube programme, *The Anne Hirsch Show*.

COMIC heart-throb **Donovan Goliath** is no stranger to the limelight! He has performed at festivals all over the country including the Soweto Comedy Festival, 99% Zulu, Jou Ma Se Comedy and the Mzansi Fela Festival. The Eastern-Cape comedian received two nominations at the Comic Choice Awards for 'Newcomer of the Year' (2012) and 'Blackberry Breakthrough Act' (2013). Did you know **Donovan** left a job in advertising for a full-time career in comedy? Great choice...



Catch the exciting episodes of *The Great South African Bake Off*,
Tuesdays at 20h00 on BBC Lifestyle channel 174 on DStv



SA ke Off

Meet The Judges

COOKERY author **Shirley Guy** is an established chef, baker and food stylist with more than three decades' experience. She's a successful author of 12 cookbooks, including *The Barbecue Kettle Cookbook*. She also set up her own South African cookery school, The Dough Hook. Trained at the Cordon Bleu School in London and La Varenne in Paris, **Shirley** has run baking classes for pastry work, breads, grand desserts and chocolate.

CHARMING Chef **Tjaart Walraven**'s extensive baking experience includes working with Raymond Blanc in the pastry kitchen at Le Manoir Aux Quat'Saisons, and at The Raymond Blanc Cookery School under the directorship of Michelin-trained chef Stephen Bulmer. **Tjaart** has worked as a personal chef to famous celebrities and has a strong command in showstopper desserts. He is now the director of Food Template, a consultancy business offering a range of restaurant, hospitality and training services.



THE BOLD AND THE BEAUTIFUL

HAVING had time to think, Hope returns home to Wyatt making him worry about what she has decided to do in regard to their marriage. Wyatt makes an emotional plea to Hope as to why she should remain in their marriage despite Quinn's part in pushing them together. Ivy becomes regretful that she allowed herself to fall for Liam knowing that he is still in love with Hope. Hoping to put their bad blood behind them, Wyatt reaches out to Liam to apologize for every negative thing that has transpired between them recently. Eager to use Ridge and Caroline's working relationship to her advantage, Maya attempts to put doubt in Rick's mind about his wife's loyalty. Ridge and Caroline share a magically artistic moment while she assists him with the latest collection of designs. Bill is given imperative information that he believes will help him get back into Brooke's good graces. While speaking of Hope's relationship woes, Deacon attempts to remind Brooke of their past together. Having already planted the seed of infidelity in Rick's head, Maya begins to work on Katie's insecurities regarding her engagement with Ridge. Katie witnesses firsthand the chemistry that is building between Ridge and Caroline while they work together.

The Bold And The Beautiful, weekdays on SABC 3 at 18h00.

RHYTHM CITY

BONGI completely freaks out after having slept with David. Zinzi starts making big demands for her birthday party. Kop is having second thoughts about looking after Emmanuel. Reneilwe wants Mampho to take action with Shakes. Puleng tells Suffocate that she is desperate to have a baby. Lerato embarrasses herself in front of Bongi. When Lerato hears that Bongi is not planning on leaving, she decides it's time she took matters into her own hands. Niki confronts Cuba, but only succeeds in stumbling upon a secret she would have been happy not to know. When Kop thinks his job is under threat, he decides it's time he changed his image. There is tension over Bongi and Lerato's competing gifts for Zinzi. Lerato's revenge leads to a terrible, humiliating climax for Bongi Diamond. Niki confronts Suffo with the knowledge that he slept with Puleng on their wedding day. Puleng discovers that Cuba is trying to use muti to get her to fall pregnant. Doc kicks Bongi out of his house for her 'drunken' fiasco at Zinzi's birthday party. Sifiso struggles to decide on whether he should rat Lerato out for spiking Bongi's drink. Suffocate finds out about Niki's efforts to find work and wants to forbid it.

Rhythm City, weekdays on e.tv at 18h30.

7DE LAAN

MARIA will fight for her right as a Hillside resident. Sonja has a difficult decision to make. Pulane tries to forget about the past. Hilda gets a call from Peru. Willem learns the hard way about who Gita really is. Anna smells a rat. Has Dewald fallen back into his old ways? Herman is not ready to forgive Willem. Paula is not happy with her new boss. When his bride vanishes into thin air Oubaas plays detective. Pulane receives upsetting news.

7de Laan, weekdays on SABC 2 at 18h30.

SKEEM SAAM

LELO'S nightmare is far from over. Joyce deals Meikie and John a card they did not expect. Rachel makes a startling discovery that changes everything she thought was real. Rachel's startling discovery wreaks havoc in the Kunutu household. Things are moving too fast for Leeto, but he cannot stop the marriage train – it's coming for him. Lelo's trial takes a startling turn. Molahlegi's return to Turfloop leads to disastrous consequences for an unsuspecting victim. Rachel is shocked by her mother's behaviour.

Skeem Saam, weekdays on SABC 1 at 18h30.



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 73



BY DR KAREN KOCH

Weighing In: Is Your Pet Fat?

THIS week we tackle the issue of pet obesity.

THERE'S nothing cuter than the sight of a fuzzy fur ball with some extra padding, right? Wrong! Just like humans, obese pets are at increased risk of stroke, heart disease and cancer. Your four-legged friend needs your assistance to stay in shape.

Captain Haddock, four-year-old Labrador and 2014 Hill's Pet Slimmer Of The Year winner, is a much beloved pet with greedy habits. "We just didn't realise how dangerous his excess weight was," explains owner Cynthia Gomez. "The family had a very nasty wake-up call when he suffered a stroke. Fortunately Captain Haddock could be resuscitated. The family then started on the slow road to recovery. "Captain Haddock lost just over 15kg on a controlled weight loss programme and is a true success story. We all feel guilty," explains Mrs Gomez, "He depended upon us and we overfed him."

It's A Big Problem

OBESITY is the biggest health problem facing South African pets. Most owners don't realise just how dangerous obesity is. Only 12.5 percent of South African dog owners and 20 percent of cat owners consider their pets to be overweight. According to vets, more than half of the furry patients they see weigh more than what's considered healthy. Unfortunately only a vet can really tell you if your pet is overweight or just 'fluffy'. Vets are trained to use a Body Condition Score (BCS) to gauge your pet's relative weight. Every dog and cat is different so vets take into account the general size of the breed or mixture of breeds as well as the overall shape and health of your pet.

The health risks of obesity are serious – high blood pressure, diabetes, osteoarthritis, cardiac and respiratory diseases and an increased risk of

cancer. Humans and pets suffer from many of the same serious consequences of obesity.

Underlying Medical Problems

"A WEIGHT problem can be the indication of an underlying medical condition," explains Johannesburg-based veterinarian Dr Julia Swan. "An underactive thyroid gland or a hormone-secreting tumor can lead to serious weight gain. If the condition itself is not treated your pet could die."

Nougat is an adorable four-year-old Schnauzer who just couldn't stop eating. His owners, Willie and Hugo from Olivedale, Johannesburg, started him on a weight loss programme with his local vet. "We couldn't understand why he wasn't losing weight," explains Willie. "We were following instructions, but simply not winning." When the vet diagnosed him with an underactive thyroid gland Nougat's behaviour started to make sense. "He wasn't just lazy – he was actually lethargic. We had assumed this was his natural persona." With the right medication, Nougat is slimming up rather well and has become an active pup.

Embarking On Weight Loss Programmes

"PETS need a balanced diet," explains Dr Guy Fyvie. "You need to cut down on calories without removing or reducing intake of essential nutrients. This is the main reason you need a trustworthy vet experienced with pet weight management."

You also can't simply stop feeding your pets. Cats in particular have a very different physiology to dogs and humans. If they do not eat for as little as two consecutive days, they can develop a life-threatening form of liver disease known as hepatic lipidosis. Cats and dogs may take a few weeks to properly adapt to a new diet, but it's really the owners who struggle the most. As an owner, you are responsible for your pet's health. You may feel like a troll for refusing them a treat – but you should focus on the big picture. The long-term health of your pet is worth more than

extra snacks. True love means wanting your fur-child around for as long as possible. Remember to always spoil your animal in play and affection – not food.

Healthy Eating Tips

THERE are some steps we should all be taking to make our pets (both fat and thin) healthier.

- Get your vet to check your pet's weight when you go for annual vaccines.
- Do not use a self-feeder. It's a quick road to obesity.
- Pet your pet or play with it when it begs for food. Sometimes pets want fun – not food.
- Get everyone in the family involved. We're not really 'spoiling' our animal if we're shortening their lifespan with fatty treats.
- Make sure your pet always has fresh clean water to drink.

Weight Loss Tips

- Cut down on calories without removing essential vitamins and minerals.
- Stick to portion sizes. Don't guess.
- You can give treats – just make sure you account for them in the daily calorie intake.
- Weigh-in regularly. Just like humans, pets need to be monitored for progress. A weigh-in every two to three weeks is necessary to ensure you're on track. It's important to keep a record of weight.
- Exercise! Dogs and cats (and humans) need exercise. You may have to be a bit more inventive to get your kitty working up a sweat.
- Maintain the weight once it's reached. The plan is to have your beloved animal with you for a long and healthy life!

TO find out more about pet obesity and weight loss go to www.petobesityprevention.org or www.petslimmer.co.za. Special thanks to Hill's Pet Nutrition for providing expertise and images.



Captain Haddock



After



After



Before

Nougat



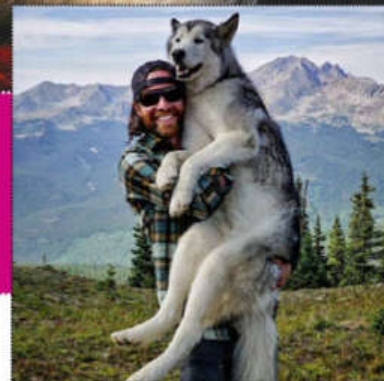
Looking Foxy

DUTCH nature photographer Roeselien Raimond has caught our eye with her stunning images of wild foxes. She's captured these beautiful creatures enjoying themselves and just being in tune with their natural habitats. Their bright appearance really stands out, making for extremely appealing photographs.



On The Road With Party Cat

PAT DOODY, a New Jersey biker, rescued a cat named Party Cat at a truck stop. Party Cat was found with burns all over his body. Instead of leaving him behind, Doody tucked him in his vest and took him on a cross-country adventure. "We're feeding him regularly now, so he's doing better, even though he's sort of living on the road until we get home. He just hangs out in my vest when we get on the road. I've never met a cat so calm," says Doody. Who says truckers have no heart?



Doggy Vaycay

KELLY LUND and his wolf dog, Loki, are now famous on the Internet for their adorable and stunning Instagram photos that feature the pair travelling the world together. But while the pictures themselves are touching and gorgeous, it's really Lund's message that has resonated with dog owners everywhere. "I'm often surprised by how much joy animals can bring into our lives. I believe dogs aren't meant to live out their lives in a backyard or inside a house. I hate to see that," says Kelly.

Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us?
E-mail eugeniab@caxton.co.za and write 'Animal' in the subject line. We will give you R500 if your story is published!

Take Me Home

THIS week we have some adorable pets from Friends Of Rescued Animals.

How To Adopt Me: If one of us has caught your eye and you're willing to provide us with a loving home, please phone FORA on 082 336 5568 to meet us.

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- * Do you travel a lot?
- * Does your complex / neighbourhood allow pets?
- * Do you have a safe and secure home for the new addition?
- * Do you have the time and money to look after a pet?

- * Will you love and care for this animal at all times?
- * Will the animal fit in with your other pets?
- * Ensure the breed is one that suits you and your family.
- * Do you have enough space for the pet to run around?
- * Do you have kids? If yes, take the correct security measures before adopting.



Cola



Peaches



Pudding



Butter, Bean & Moles



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

Strange But True

BY EUGENIA BOOI

Flower Power

ANOTHER year, another Corso Zundert, the legendary parade of giant floats adorned with thousands of dahlia flowers. The floats twist through the narrow streets of Zundert in the Netherlands. Vincent Van Gogh the famous painter was born in Zundert, and to commemorate the 125th anniversary of Gogh's death, this year's annual parade was dedicated to his work and art. More than 50 000 people attended the parade, a tradition dating back to 1936.



Frightful Footbinding

THE horrific practice of Chinese footbinding began in the 10th century sometime during the Tang Dynasty. It is still believed to be practiced in remote areas of China. Zhou Guizhen from Liuyi village in China's southern Yunnan Province shows one of her bound feet where the bones in the four small toes were broken and forced underneath the foot over a period of time.



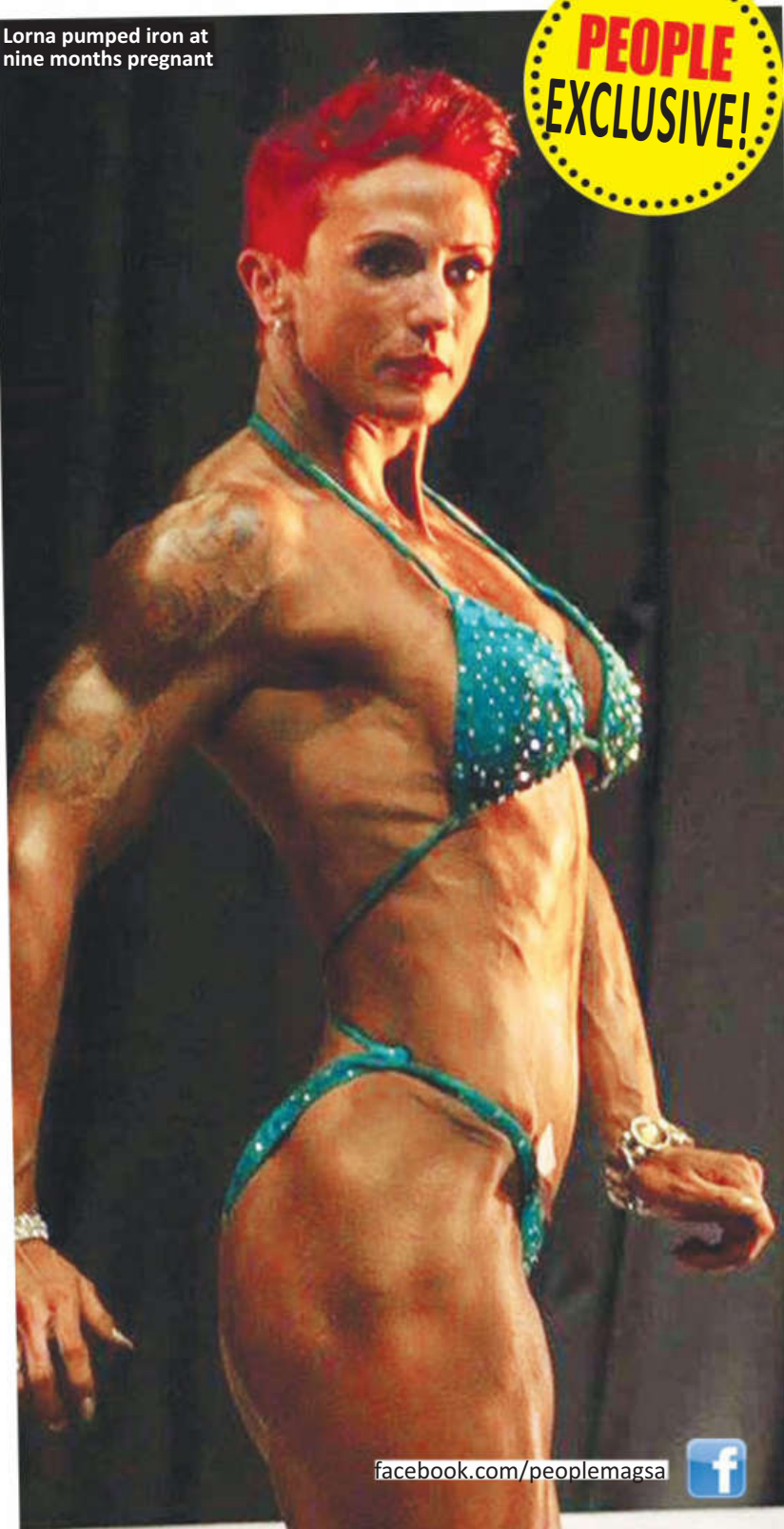
Real Life

SUPER WITH MUSCLE

THE inspiring story of a bodybuilding mother-of-four who juggles family and firefighting.

Lorna pumped iron at nine months pregnant

PEOPLE
EXCLUSIVE!



SR-MOM CLES & MOXY



Lorna juggles being a bodybuilder and a mom to four children

A MOM-OF-FOUR whose enormous muscles terrify small children has said she will never stop getting bigger. Super-mom Lorna Biggam qualified for the British Female Bodybuilding Finals just 10 months after giving birth to her now-one-year-old daughter by caesarean section. As well as juggling her gruelling fitness regimen with being a mom to four children, Lorna also works full-time as a firefighter. The ripped 40-year-old from Hamilton, Scotland, wakes up at 05h30 every day to fit in an hour of cardio before starting the school run. Her day is then

a frantic cycle of washing, cleaning, baby feeds, and changing nappies –



She found love when she met fellow bodybuilder Steven

and I loved seeing my muscles strengthen and grow. Within six months I'd gained just over 6kg in muscle and went from a size 10 to a size 16." And it was Lorna's new hardcore hobby that helped her find love, with fellow bodybuilder Steven.

Lorna's statuesque physique caught the eye of Steven, an asbestos removal supervisor, at a bodybuilding competition in 2013.

And their mutual love of the weights bench led to romance outside of the gym.

Lorna says, "It's great to be with someone who understands the level of commitment and dedication and won't try to tempt you away from your diet with a pizza. Sometimes I can be snappy with Steven when I'm on a shredding diet

'My midwife said I should slow down my weightlifting regimen but I felt I knew my body best.'

with firefighter shifts and weightlifting crammed in between.

The muscle-bound Lorna even pumped iron at nine-months' pregnant and says she is obsessed with bodybuilding. "It is chaotic and when I'm going mental on the stepper with wild bed-hair at 05h30 the neighbours must think I'm nuts. It is a manic lifestyle but I love it and I'm completely dedicated," she says.

Lorna began weightlifting in 2012 after suffering from a knee injury during a charity football match. She started training in an attempt to build muscle around the joint but soon found herself addicted to pumping iron.

The champion bodybuilder, who is 1.7m, and weighs 76kg of solid muscle, says, "The change in my body was dramatic

and I'm hungry but he understands where I'm coming from because he might have been in the same situation a week before."

Lorna currently eats six protein-packed meals every day including six egg

whites and plenty of chicken and steak – totalling 4 000 calories. And the 40-year-old says she wants to keep getting bigger and admits she will never be happy with her size.

"In bodybuilding you're always striving to be bigger and better after each competition. I never feel big enough so I'm always in competition with myself to improve my size and condition," Lorna, says.

During the labour with baby Quinn, surgeons discovered Lorna had a 14cm abdominal tear – which is common in muscular women as their taut stomach muscles can't stretch to accommodate the growing baby bump.

But fitness-mad Lorna was back in the gym six weeks later.

Lorna says, "My midwife said I should calm down my weightlifting regimen but I felt I knew my body best and I carried on as normal."

And at the fire station, Lorna, who has 14 years of service, commands incredible respect from her male colleagues – who are considerably less muscular than the beefy mom.

Lorna's impressive biceps measure a staggering 35cm and her thighs measure in at a whopping 60cm.

Since taking up weightlifting in 2013, Lorna has won Muscle Xcess Classic 2013, NABBA (National Amateur Body-Builders' Association) Miss Scotland Trained Figure, Muscle Xcess Classic 2015 and NABBA Scotland 2nd place 2015 and dreams of winning a universal title.

And her children couldn't be prouder of their mom-mountain. The mom to Taylor, 15, Marlee, 13, Reid, eight, and one-year-old Quinn, says, "Marlee and Reid are into their fitness already and they've said that they want to get big muscles when they're older. I think Steven and I are setting a good example by showing the kids how to look after their bodies. People do stare at me when I'm out and about and I've seen kids grab their mom's hand when they've caught sight of me in the supermarket. But my children and Steven couldn't be prouder."

Now Lorna wants to encourage other females to take up bodybuilding, and says that with the right dedication and commitment, women can have it all. "Women are just as capable as men and female bodybuilding is becoming much more mainstream. I'd challenge anyone who says bodybuilding is a men's sport to come and train with me in the gym – they wouldn't be thinking that way for long."



Baby in one hand, weight in the other – all in a day's work

SOURCE AND PICS: GREATSTOCK



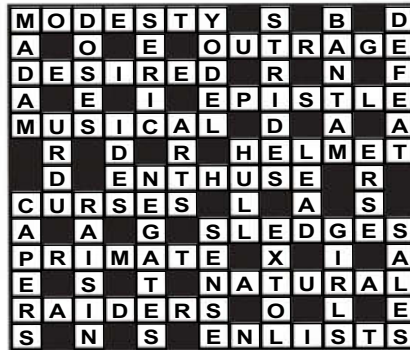
On top of everything else, she's a firefighter, too!

PUZZLE ANSWERS

Even Exchange

- Stream, Streak
- Beast, Boast
- Recent, Recant
- Bland, Brand
- Dollar, Collar
- Camel, Cameo
- Solve, Salve
- Miner, Minor
- Boston, Bolton
- Phony, Phone

Cryptic Crossword



Codebreaker



Arrow Word



Sudoku

2	5	7	1	4	9	6	3	8
9	3	8	6	5	2	7	1	4
1	6	4	8	7	3	2	9	5
4	1	5	7	6	8	3	2	9
6	2	9	3	1	5	8	4	7
7	8	3	9	2	4	5	6	1
3	9	2	5	8	1	4	7	6
8	4	6	2	9	7	1	5	3
5	7	1	4	3	6	9	8	2

Maths Quiz

6	7	1	7	7	1
1	4	8	1	6	5
7	5	0	5	5	9
8	7	1	2	8	8
3	1	5	2	2	1
7	8	5	0	9	4
3	7	4	4	7	9
6	5	1	3	7	4
6	0	7	6	0	5

Go Figure

4	÷	2	+	9	11
-	x	÷			
1	+	9	+	3	13
x	-	+			
5	+	8	-	7	6
15		10		10	

Killer Kakuru

8	9					5	9
9	7	8	6			9	6
		9	7			7	9
7	8	6	9			6	8
5	9		4	6	8	5	9
				9	7		
				8	9		
8	9		4	7	5	8	5
9	7	8	6			9	6
		9	7			7	9
7	8	6	9			6	8
5	9						9

Celeb Wordmatch

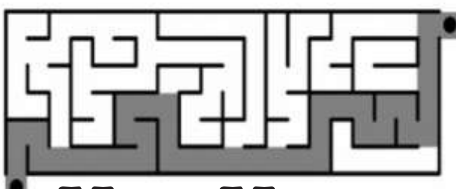
SOUL	S	I	S	T	E	R	SHIP
FIRE	D	R	I	L	L		BIT
ROUGH	S	K	E	T	C	H	SHOW
POWER	S	N	A	C	K		BAR
WIND	T	U	N	N	E	L	VISION
CHINESE	D	R	A	G	O	N	FRUIT
FOUNDING	M	E	M	B	E	R	STATE
STAGE	F	R	I	G	H	T	MASK
FRUIT	S	A	L	A	D		DAYS
MAGIC	B	U	L	L	E	T	PROOF
POT	B	E	L	L	Y		ACHE
MARKET	G	A	R	D	E	N	GNOME

Jumbo Crossword

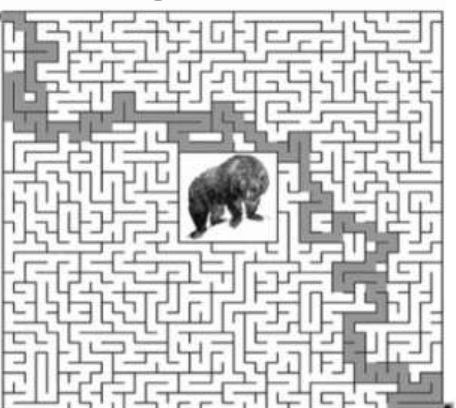
ACROSS: 3. FOYER 9. BANAL 14. VIVID 15. VEIL 16. PEAL 17. TOPAZ 18. STEAL 19. LINOS 21. MUTATED 22. DEBATEABLE 23. VIS-A-VIS 24. COVEN 26. ANGER 28. YETI 30. TREBLED 34. SASH 37. ROBERTS 40. ASHAMED 42. LION 43. TESTED 44. EITHER 45. SURE 47. FORUM 49. SENIOR 51. ORAL 53. IAMB 55. CABANA 56. RAJ 58. YAP 60. HER 61. COS 62. BIENNIAL 66. EGOTISM 67. WAITRESS 70. DRAM 71. BARN 72. AFORE 74. DUE 76. EMCEE 77. AVERAGE 78. REVERIE 79. PROUD 80. RUN 81. DREGS 82. KITH 84. SNAG 87. FORENAME 90. MINSTER 94. STILETTO 97. ALP 98. EGG 99. ENE 100. ELI 101. FRINGE 102. FAWN 105. DEEP 107. LEGACY 110. OKAPI 112. BATS 114. BARBER 116. VERMIN 119. CAVE 120. ENCORES 121. SAMURAI 122. ECRU 124. ODDNESS 128. PLOD 130. TANGO 133. ASHES 136. TUMBLER 137. EDINBURGH 138. CENTURY 139. DOWEL 140. GAOLS 141. SKUNK 142. SEAL 143. TEED 144. AWASH 145. BABES 146. DEITY

DOWN: 1. DILUTE 2. CITATION 4. OUTDO 5. EVADE 6. RELENT 7. CLEAVE 8. APPALL 9. BALLAD 10. ALIEN 11. ABOVE 12. MOLASSES 13. BASICS 18. SECRET 20. SIRDAR 25. VATS 27. GUSH 28. YOLKS 29. TROUNCE 31. RED FLAG 32. BAIRN 33. ENEMIES 35. ADULATE 36. HYENA 38. REX 39. STIR 40. ATOM 41. HEW 46. CORN 48. LAST 50. RAID 52. AYE 54. ARM 55. COIN 57. JAR 59. PONDERING 60. HIBERNATE 61. CAR 63. INFERNO 64. NURTURE 65. LAYETTE 67. WARRENS 68. REMORSE 69. SLEIGHT 73. GAG 75. IVY 82. KALE 83. IMP 85. ATE 86. GILL 88. ROISTER 89. NAGS 90. MEW 91. IGNORED 92. ENDIVES 93. REE 95. LIED 96. TRAVAIL 101. FABLE 103. ALBS 104. SALON 106. EARS 108. YIELD 109. BAR 111. VIM 113. SNUBBING 114. BOLTED 115. REIN 117. MASH 118. NURSES 119. CAPE TOWN 123. CHUKKA 124. OODLES 125. DANGLE 126. EQUATE 127. SAGGED 129. ONRUSH 131. AROMA 132. GEESSE 134. SHADE 135. ECLAT

Kids Maze



Mega Maze



Scramblers

- Liken; 2. Ration;
- Agile; 4. Reach

Today's Word

KARATE

Sticklers

The answer is 29.
These are the first 12 prime numbers rotating clockwise in each square, starting at the top.

Number Crunch

$$\begin{array}{r} 97 + 9 = 106 \\ 306 + 326 = 632 \\ 403 + 335 = 738 \end{array}$$

Missing Links

11	x	8
88	+	654
742	÷	14
53	-	13
40	÷	10
4	x	61
244	x	3
732	+	21
753	-	533
220	x	4
880	÷	8
110	+	113
223		

General Knowledge Blockword



MEN SEEKING WOMEN

Lots of Love to Give-Gauteng. White man 63 yrs. Widower. Contractor still working and financially Independent. Love to meet special lady 45-60 who is sincere, loving and kind. I need some companionship in my life and to share happy times. ID: 2608

Lets spend some time Together-Gauteng 25-34 yrs., African man, strong, hard working man. Like to go out and socialise and meet new people. Seeking a kind hearted, loyal woman who is beautiful and will be good to me. Lets take care of each other. ID: 3281

Lots of fun and Energy-Gauteng 61 yrs. Very active Indian man, separated, Enjoy sports. I am self-employed and financially Independent, I would love to meet a professional, Independent lady 45-60 yrs for companionship and long term love. ID: 2052

Lets get Together-Mpumalanga. 25-34 yrs, African man, handsome, polite and respectful. Honest and hard-working. Like to spend time with family and friends. Looking for a special lady 25-30, light in complexion, medium build for fun times. ID: 2489

Let me care for You-Mpumalanga (Nelspruit) 25-34 yrs, African man, single with 2 children. Hard working, Independent and honest. Looking for love, seeking a beautiful lady to care for. Should be well built, short, dark and with children. ID: 3340

Active and Fit -Gauteng lawyer 45- 60 yrs, well dressed, tall, dark, honest and sincere, enjoys braaing, going to gym and playing golf. Looking for a well-dressed, honest and faithful lady to share happy times. ID: 1078

Lets have some Fun-Gauteng 35-44 yrs. Fun loving, outgoing, loves life and sharing happy times. Missing that special someone to be my partner to share the laughs. Looking for a fun loving, outgoing lady to share some fun and special moments. ID: 1088

Hunting for Love-Limpopo. 45-60 yrs, Afrikaans speaking man, Love the bush and being outdoors, Previously a game ranger, now working on a hunting farm. Looking for a special lady to share some happy times together. Sound like you ? ID: 1371

Trust me I'm Yours-North West. 25-34 yrs, Honest trustworthy man who appreciates loyalty and being there for each other all the time. Looking for an honest, sincere, trusting woman for relaxed companionship and to share happy times. ID: 1165

Professional Single-Gauteng 45-60 yrs. single professional enjoys reading, travelling, and new adventures. Seeking a special companion 35-50 yrs with similar interests. ID: 1046

Lets explore together.-Gauteng. 45-60 yrs, Afrikaans speaking, Widower. Enjoy the outdoors and being in the bush. Looking for a special lady 45-60 yrs who enjoys going out, likes being outdoors and going away on weekends to visit new places. ID: 1530

Looking for a Soul Mate-Gauteng 25-34 yrs. African man, Fun loving guy, great company. Financially Independent. Own home and run my own business. Seeking an Independent, out going lady 25-34 yrs to share love, life and some fun times together. ID: 3173

Long Distance Friend-Northern Cape. 60+ Widower with grown children. Long distance driver often away from home. Love to spend quality time with special people. Looking for a special lady 45-60 yrs to share companionship and fun together. ID: 1570

WOMEN SEEKING MEN

Lets have some laughs-Gauteng 45-60, White English speaking lady, petite and pretty. Enjoy the outdoors, dining out and going to the movies. Seeking a white man 45-60 who is financially Independent, respectful with a good sense of humour. ID: 2741

Fit, Active and Fun-Gauteng. 25-34 yrs, Happy, fun loving and active lady. Love sport, gym and boxing for fitness. Work in financial services and am financially Independent. Looking for a special man to share love, life and happy times. ID: 1313

Lets have some fun Together-Pretoria 25-34 yrs. Fun loving, spontaneous lady. Love my rugby and love to talk. Like to spend quiet nights in with a special person. Looking for an honest man 25-34 yrs with similar interests who likes to have fun. ID: 1889

Lets see where it takes us.-Gauteng 45-60 yrs. White lady, separated, 2 children, very hard working and independent. In my free time like to go out and be social. Seeking a man, who is truthful, sincere and honest for friendship and companionship. ID: 3131

Looking for Mr Right-Gauteng. 41 yrs. Single African lady. Living in Jhb South. Professional person, financially Independent. Outgoing, friendly and fun to be with. Seeking a kind professional man 35-44 yrs. who knows how to treat a lady. ID: 2808

Moving On-Mpumalanga 60+, I am a widow, Afrikaans speaking. Like to spend time with family and friends and relax at home. Looking for a kind, loving man, who is a non-smoker or drinker to share life, fun and happy times with. ID: 1279

Love Family and Children-Free State 45-60 yrs. New to FS. I love children, outdoors and my favourite place is being by the sea. Live a healthy lifestyle, I am looking for a kind, honest man 60+ That special man who will share in my interests. ID: 1985

Friendly, Outgoing and Fun-Gauteng 35-44 yrs, Professional African lady, short, medium build and beautiful. Financially Independent. Very outgoing and enjoy socialising and meeting new people. Seeking a man 45-60 who also enjoys socialising. ID: 2490

Christian Friendship and Love-Gauteng 45-60 yrs, White lady, Widow, have several hobbies and like to keep busy. Regular Church goer. Enjoy spending time with friends and family. Seeking a clean living man 45-60 yrs, non drinker, for companionship. ID: 2604

Let me care for You-Gauteng 35-44 yrs. Black lady, Pretty and outgoing. Independent and confident. Like to eat out and make new friends. Seeking a white man 45-60 yrs who is sincere, caring and loving to share fun times and friendship. ID: 3218

Christian Beauty-Mpumalanga 35-44 yrs, Beautiful Christian lady, looking for someone to share happy moments with. If you are a Christian man, loyal and honest, we could be friends and maybe love will grow. ID: 1085

Honest and Reliable-Gauteng. 35-44 yrs, I am honest, reliable and fun to be around. Currently working full time and Independent. Looking for a fun loving man of similar age who is serious about life and values friendship, Fun and Love. ID: 1544

Share some happy times.-Gauteng (Kempton Park) 45-60 yrs. Single lady, Kind hearted, honest and loyal. Like to spend time with family and friends. Seeking an honest, kind hearted, fun loving man for friendship and to share some happiness. ID: 3271

The Real Deal-Gauteng. 54 yrs white lady. Honest and kind. Like to spend time with close friends and family. Seeking a loving man 45-60 yrs who enjoys eating out, spending time with family and friends. Should be genuine and real. ID: 2361

Christian Friendship and Love-Gauteng. 45-60 yrs. African lady, Christian. Love to spend time with family and special friends. Seeking a Christian man 60+ . Someone who is loving and caring and a non-smoker for companionship and long term Love. ID: 3132

Lots of life to Enjoy-Gauteng 50 yrs. Active, Energetic Afrikaans speaking single lady. Love being outdoors and being in the bush. Enjoy travelling and visiting new places. Seeking an energetic, man with similar interests for companionship. ID: 2678

Love the outdoor life.-Gauteng 45-60 yrs, Independent, fun loving lady, sometimes a little reserved. Love to go to movies and share good food with special friends. Looking for a mature, honest, caring man who loves the outdoors and animals. ID: 1408

MEN SEEKING MEN

Fashion and Fun-Gauteng 25-34 yrs. I am 1.8m tall, blond hair, I am in the fashion industry, enjoy cooking, watching sport, and love the outdoors. Love to meet a fun guy with similar interests. I'd love to hear from you, maybe meet up. ID: 1649

Trust and Companionship-Gauteng 35-44 yrs. I am a tall, good looking guy, 1.8m, slender, down to earth. Great personality and fun to be around. Like to go out and fun. Am looking to meet a special man 25-34 yrs for a relationship based on trust. ID: 1703

"I met the love of my life with the help of Meet Your Match! It was so easy, and fun!" - Jill, Gauteng

Meet your match

If you are not registered on the meetyourmatch service, you will need to do so before you can leave a message. After you have registered, listen to the menu options and press 3 to leave a message for individual users. Keep a note of the User ID of the person you would like to respond to and enter this ID when requested to do so.

• MTN 083 900 8533 • Vodacom 079 008 4031

Calls to the meetyourmatch service are charged at R10 per min. Calls into the service are not possible from Cell C, 8ta or landlines.

CAUTION: Readers should carefully examine all services offered, quotes and deposits requested before accepting any of them. It remains the consumers' responsibility to check the credentials of all advertisers with whom they are doing business. Caxton offers a service to advertisers to market their products or services, we cannot be held responsible for any damages or misleading claims.

Our Readership
1306 000
Readers

Spiritual Corner

You can book these now!

- Employment offered
- Employment wanted
- Courses & tuition
- Legal services
- Special services
- Business opportunities
- For sale
- Wanted
- Holiday & accommodation
- Decor & design
- Appliances
- Property for sale/rent
- Health & beauty
- Pool & gardening

Contact

Nicolette 011 889 0983
 npresslin@caxton.co.za
 or Charmaine 011 449 1064
 cp@caxton.co.za

ACCURATE PSYCHIC READINGS

Photo readings, tea-leaves, crystal ball, tarot, angel cards, healing and clearings, etc. Crossing over on request
Genuine Psychic Medium with 52yrs exp.
 Telephone readings also.
 7 Days a week
VEE JHB LANDLINE 010 210 7389 | 084 668 5261 | 084 602 4959

Psychic Mia

For accurate answers to relationship, financial, career problems etc
SMS
 your name, date of birth and a specific question to
38381
 SMS charged at R10.00 - free sms dont apply

TRADITIONAL HEALER

THE STRONGEST HERBALIST WHO NEVER FAILS ON ANY PROBLEMS BROUGHT TO HIM eg:
 * Relationships * financial
 * women/men problems
 * luck with tenders
NATION WIDE DELIVERIES
+27 63 234 1126

Happy Healthy Wealthy Wise

spiritualguidance.co.za
 NLP Forecast Cleanse Protection
 f:marty.duplessis 0847203404 telecom
 CuzmoMotswanaKellingK,EllyKhumaloSwiffoTalkYouTube

MAMA NJOLINJO

She Professed to heal on:
 * Marital matters
 * financial advisor
 * gambling
 * luck on contracts and many more...
Johannesburg
063 266 0274

LOVE IS A GIFT FROM GOD
 LOVE CARES, LOVE RESPECTS, LOVE PROTECTS
 ARE YOU UNSUCCESSFUL IN RELATIONSHIPS OR HAVE YOU TRIED TO GET HELP WITHOUT SUCCESS?
LET DR MBUMBA HELP YOU
 END YOUR BROKEN HEART.
 Specialist in: bringing back lost love, reunite broken hearts, deep women's health problems, infertility, and many more.
 Call him on 079 500 3077

LOVE LINE & MAIL ORDER

SHOULD YOU FACE THIS SOUL LIFE?
 THEN DO NOT HESITATE TO CONSULT
MKHULU MAGANGA EVEN WHERE OTHERS HAVE FAILED: * Lover related matters * Financial problems * Boost business * Luck with tenders/contracts/gambling
WORLDWIDE MAIL ORDER
+27 83 542 6052
ALL RACES ARE WELCOME!!

MAMA JANE

ASTROLOGY CENTRE
 WORLD FAMOUS SPIRITUALIST
 YOUR MEETS ARE KEPT
 CONFIDENTIAL & PRIVATE

PANDI: MAMA JANE



After 6 years of suffering, we are now happily married. For 6 years I lived in a abusive marriage. But after reading & listening to various testimonials about Mama Jane in a magazine & on radio, I visited her, paid her R200 for special prayers. I was shocked when she told me

accurately all my past & present problems revealed that my husband was involved in a relationship with another lady. She showed me the lady "live in a mirror". Mama Jane helped to separated that lady from my husband, she also made my enemies & in-laws come and confess all the bad things they have done to my family. Mama Jane performed a special prayer to bind my marriage, today we are happy together. I highly recommend her to those suffering a similar fate as mine.

TO GET SOLUTIONS:

Financial, children, property, court cases, business, love, health, jobs, family problems

We also give suggestions for any type of personal problems

GIVE LIFE LONG PROTECTION

+27 072 401 5048
FOURWAYS AND SANDTON

BABA SHABIL

THE POWERFUL & STRONGEST HERBALIST WHOSE POTIONS ARE RELIABLE IN SOLVING ALL PROBLEMS.
 * Financial * Relationships
 * Business * and many more...
SITUATED @ JHB
083 897 2182/073 674 5055

NKOSI NGIPHILE

Powerful doctor for financial aid ONLY and where others have failed. **NO DOUBT**
Call 082 628 8546
031 837 3864
NP018711

MAHALA TRADITIONAL CONSULTANTS Dr Jongisizwe's

mystical skills gets rid of any life problems within a blink of an eye on:
 * Financial crisis
 * Disciplinary/ Court cases
 * Mend dissolved relationships
 * Men/women problems
 * Luck with tenders/gambling
 He handles where others have failed!!
 Sameday/time!!
 24/7
WORLDWIDE DELIVERIES
+27 82 472 4145 | +27 11 047 1181
jongisizwe7@gmail.com

Book this space for only

R 1029.50 (incl. VAT)

Contact Nicolette

Tel: 011 889 0983

Fax: 086 514 0852

npresslin@caxton.co.za

THE MYSTIC MAGIC RING



The most powerful in the world
 100% open the doors of happiness and success easily so everything turns positive, wishes come true like magic. Love, natural luck, success in life, interviews, promotions, exams, health. etc.

Call Bamweyuna +2778 064 0957

Email: bamweyuna.naava@yahoo.co.za

Mail order & deliveries

HEALING SUPERIOR

ON ANY MANKIND PROBLEMS,
 EVEN THOSE FAILED BY OTHERS
Financial advisor * mens problems

*** marital matters * business opportunities, and many more**

FREE DELIVERIES COUNTRY WIDE

+27 83 945 6601/erickjari@gmail.com



Spiritual Corner

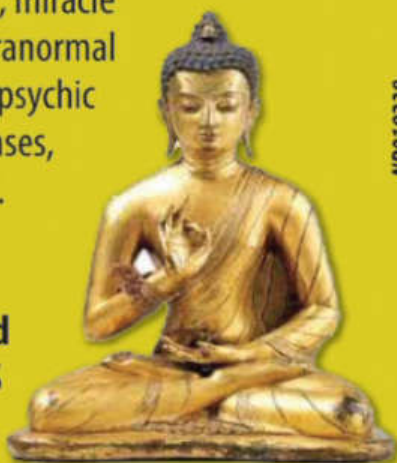
LORD ZANDO INTERNATIONAL PSYCHIC HEALER

078 871 4987
zandot@yahoo.com
www.lordzando.com

With excellent results to all problems that cannot be solved by other healers in time: love, marriage, re-unite families, lucky charms & blessings, infertility, miracle & magic rings, the paranormal ancestral problems, psychic readings, court cases, deaf kids, etc.

Healers come for more power

Mail orders accepted
NO FALSE PROMISES
078 871 4987



**Pay after job is done
for same day results:**

**Call PROF RISHEN
076 491 8477**

Bring back lost love & bind forever

- * Stop your lover from cheating and be under your control. * Delete loans
- * get your business booming and get promotions at work * Win lotto, court cases, interviews, bails big tenders and contracts
- * Quit drugs/alcohol/smoking etc.
- * Get rich using PROF RISHEN's magic ring, stick & spiritual water. * Do you want to make a divorce or stop it?

Call PROF RISHEN 079 349 6423
www.profrishen.co.za
profrishen@gmail.com
Also offers phone readings



TESTIMONY FOR PSYCHIC ADAM

I am Andrew, 35 years old from Sandton.
My contact no is 078 062 6020. After a million and one tears I cried to have my lost lover back, Dr Adam wiped them all. The magic flower worked as soon as I got it, called her name 3 times. Everything changed in 2 hours, I got 3 calls from her apologising.
We are happily back together.

Psychic Adam you are the best.

If you have similar problems, dont hesitate to contact Psychic Adam. He also helps with * Financial problems * Court cases * Lotto * Casino * Mens health problems * Remove evil spirits & unfinished jobs.

You tried them all and did not deliver, psychic Adam is your answer for quick and effective results.

Call Psychic Adam on: 073 506 2282

SIZE DOES MATTER
First in SA system for men!
100% herbal, permanent results

SIZE UP
DVD
Massage gel
Capsules



www.sizeup.co.za • Call: 021939 6390

Book this space for only

R 1029.50 (incl. VAT)

Contact Charmaine
Tel: 011 449 1064
Fax: 086 674 3823
cp@caxton.co.za

PRINT YOUR OWN SALARY IN 2015!
WITH OUR WIDE RANGE OF **PROFITABLE** BUSINESS OPPORTUNITIES
Branches in JHB, BFN & CTN



JGE ELECTRONICS

Tel: (011) 789 6033 | Fax: (011) 781-3065 | ppl@jge.co.za | www.jgelectronics.com
SMS MUGGIT PPL and your email to 40840 or email us for a free catalogue (sms charged at R2.50)

"I can change my future"

IQ ACADEMY - I CAN
Study and Get the Skills that Employers Need

SEND A "PLEASE CALL ME" TO **083 778 9319** **ENROL NOW!**
& stand a chance to win your share of R100,000 in bursaries available in October

CHANGE YOUR LIFE WITH DISTANCE LEARNING SHORT COURSES & QUALIFICATIONS IN THE FOLLOWING AREAS:

Qualifications NQF5

- Higher Certificate Business Management
- Higher Certificate Human Resource Management
- Higher Certificate Marketing Management

Business Short Courses

- Human Resource Management
- Business Management & Administration
- Tourism and Hospitality Management
- Public Administration - Government Sector

...and many more to choose from

www.iqacademy.co.za | [f IQ-Academy](#) | [IQAcademySA](#)

IQ ACADEMY
I can
A Private Higher Education Institution

IQ Academy (Pty) Ltd Company Registered No. 2009/0141422 in the Companies and Intellectual Property Commission. IQ Academy is a private higher education institution under the Higher Education Act, 1997 (Act No. 107 of 1997) and is registered with the Department of Higher Education and Training (DHET) under the Higher Education Act, 1997 (Act No. 107 of 1997).

Career in Beauty
Hydro International College

START HERE:

- Skin and Body Therapy - 2 years
- Holistic & Natural Therapies - 1 year
- Make-up Artist Course (for Film and TV Industry) - 1 year
- Advanced Beauty Specialist - 1 year
- Hairdressing Course (SETA or City & Guilds)

END HERE:

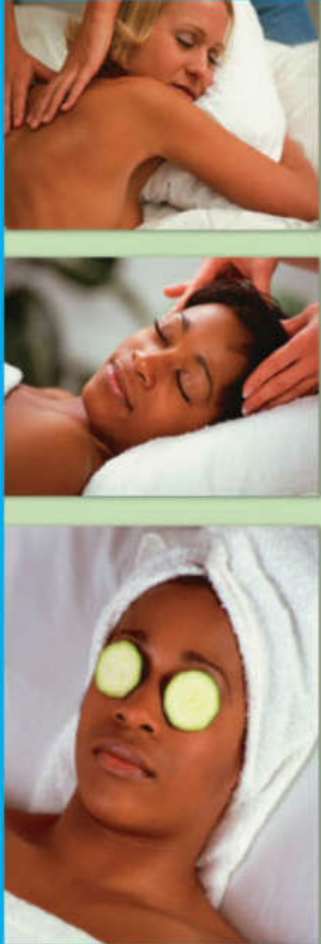
Student Residence Facilities Available
Nail Technician Courses - (full time or part time) gel, acrylic, silk, fibre

Contact details: Tel: (011) 452-2447/8. Cnr Hendrik Potgieter & 12th Ave, Edenvale, 1610.
www.hydroint.co.za. For more information sms the word INFO + your question to 45689

Earn more than above average

Overseas work opportunities

SAAHSP
CIBTAC
City & Guilds
ITEC

CAUTION: Readers should carefully examine all services offered, quotes and deposits requested before accepting any of them. It remains the consumers' responsibility to check the credentials of all advertisers with whom they are doing business. Caxton offers a service to advertisers to market their products or services, we cannot be held responsible for any damages or misleading claims.

Horoscope *Libra*

September 23 – October 22

BY WILLIAM SMITH

ARIES: Mar 21 – Apr 20

Your Week: Supposing you are part of a team, club or group, you will find no better time for benefiting through co-operative ventures. You can also play notable roles in social and community affairs, and thereby make yourself a lot more popular.

Taken: Put your sweetheart's desire or wish before your own need if you want to be loved.

Single: Romantic diversions now abound and you will appreciate your enhanced personal popularity.

Power Days: Saturday & Sunday (shared pleasures)

Lucky Numbers: 6, 7, 10, 16, 27, 31

LEO: Jul 24 – Aug 23

Your Week: The lesson for you to bear in mind is that friendship is a privilege and certainly not a right. You have to be a friend in order to have a friend. In addition to sharing common interests, initiate new and fresh mutual activities.

Taken: Strengthen ties by being as open and honest with your mate as you want your mate to be with you.

Single: Resolve to make the utmost of this romantic phase. It is time to make a commitment.

Power Days: Saturday & Sunday (fun with friends)

Lucky Numbers: 9, 13, 23, 35, 39, 40

TAURUS: Apr 21 – May 20

Your Week: You have good ideas and should now see them through into external form if you first liberate yourself from fear, anxiety and resentment. You will make swift progress after you overcome these inner limitations and free your imagination.

Taken: Show that you are a loving and caring partner through periodic acts of generosity.

Single: Social life sparkles and you may soon be newly paired off with a divine soul mate.

Power Days: Sun & Monday (making new memories)

Lucky Numbers: 1, 8, 14, 22, 35, 41

VIRGO: Aug 24 – Sep 22

Your Week: Your powerful inner compulsion, resulting from strong moral indignation, could have you angrily expressing your objection to an unacceptable person, decision or situation. However, your criticism must be accurate so as to be effective.

Taken: Play it fair and square with your sweetheart – then you will be well-loved and appreciated.

Single: Your charm is working well. It could entice a new admirer if you are heart-free.

Power Days: Sun & Monday (personal goals)

Lucky Numbers: 11, 13, 24, 33, 36, 49

GEMINI: May 21 – Jun 21

Your Week: This is a fortunate time to go travelling – or at least to start planning your next holiday. Choose a likely haven beyond your immediate horizon, as an exciting change of scenery would do you a world of good. Find that special paradise.

Taken: Act with the objective of extracting the maximum pleasure from your love liaison.

Single: You are probably showing a penchant for making new and thrilling romantic connections.

Power Days: Saturday & Sunday (fresh ideas)

Lucky Numbers: 3, 5, 17, 21, 31, 43

LIBRA: Sep 23 – Oct 22

Your Week: You must demonstrate a sense of responsibility and personal integrity, and should honour your commitments and obligations so as to protect your name and reputation. Bear in mind that self-respect and integrity are paramount at all times.

Taken: You know instinctively what the golden rules are in the game of love. Make them work for you.

Single: Life is uncomplicated. You will find it easy to gain affection if that is your need.

Power Days: Saturday & Sunday (self-promotion)

Lucky Numbers: 12, 19, 26, 34, 35, 49

CANCER: Jun 22 – Jul 23

Your Week: You need to create more opportunities for self-enrichment and can now do so by cultivating influential connections in the business zone. Improve your circumstances by being boldly enterprising. Use every advantage that comes your way.

Taken: Resolve to keep yourself healthy in order to make love and affection all that it can be.

Single: Chances are that you can attract an admirable soul mate if you are heart-free.

Power Days: Sun & Monday (vital decisions)

Lucky Numbers: 7, 12, 18, 26, 35, 37

SCORPIO: Oct 23 – Nov 22

Your Week: Assuming that you like to collect things, you should now widen your net somewhat and should manage to add some prized specimens to your collection. Naturally this should also be a fortunate session for making successful major purchases.

Taken: Good emotional balance is causing you to treat your mate as you would like to be treated.

Single: Getting out and about ought to bring about close encounters of the very best kind.

Power Days: Sun & Monday (financial aims)

Lucky Numbers: 1, 17, 19, 29, 32, 37

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...



EMINEM

OCTOBER 17, 1972

MARSHAL BRUCE MATHERS III, better known as Eminem, is an American rapper and record producer, with sales of over 90-million worldwide. He was discovered and promoted by pioneer 'gangsta' rapper Dr Dre. Eminem is infamous for his controversial rousing and often off-colour lyrics. Astrologically, he is a Sun Libra with the Moon in Aquarius so he has a certain charisma underscored with an independent nature, and certainly insists on playing the game of life by his own strange rules. Mercury

in Scorpio lends a sensuous aspect to his mind – hence his emphasis on sex and other addictions in his lyrics. However, Venus in Virgo shows that he is actually idealistic in the romantic sense, and therefore not easy to please in amorous terms. Jupiter in Capricorn imbues him with a shrewd mind apropos business and finance. He certainly handles his career very well, even if Saturn in Gemini suggests that his self-discipline wavers in other areas of his life. Mars and Uranus in Libra weigh in with zest and originality, enabling Eminem to just keep on rolling along successfully.

SAGITTARIUS: Nov 23 – Dec 21

Your Week: Good communication is your key to progress during this promising session.

You will fortunately have the happy knack of saying the right things at the right time and should lightly manage to talk your way into very favourable situations.

Taken: Be the one to cultivate a spirit of co-operation in your special relationship.

Single: Your attraction to and for the opposite sex is becoming stronger and more intense.

Power Days: Saturday & Sunday (discussions)

Lucky Numbers: 13, 18, 22, 32, 38, 45

AQUARIUS: Jan 21 – Feb 19

Your Week: New offers and opportunities ought to crop up during this promising phase – there are options well worth considering if you are yearning for change and variety. Individual and collaborative enterprises should benefit from a positive trend.

Taken: Enhanced sexual magnetism serves to make your love life sparkle anew. Enjoy it.

Single: A good social attitude helps if you are lovelorn and hoping for a change of fortune.

Power Days: Saturday & Sunday (social activity)

Lucky Numbers: 15, 24, 33, 34, 36, 46

CAPRICORN: Dec 22 – Jan 20

Your Week: Increased domestic activity will keep you on the hop. Your enhanced awareness of the feelings of those who share your habitat should enable you to take the right decisions on their behalf. New ideas and timely changes ensure success.

Taken: Your love nature has gone into serious mode so your love affair should endure.

Single: This is when contact between you and another becomes vigorous and enthusiastic.

Power Days: Sun & Monday (family cares)

Lucky Numbers: 8, 14, 29, 31, 44, 47

PISCES: Feb 20 – Mar 20

Your Week: This is a particularly encouraging time for taking active steps to improve your standing in the commercial world.

Your hope is likely to be fulfilled if you desire more responsibility and better remuneration – or if you need a career change.

Taken: Anticipate savouring a radiant and joyful phase in your intimate relationship.

Single: If you are ready for it, you could make a new romantic match at a social gathering.

Power Days: Sun & Monday (health matters)

Lucky Numbers: 2, 12, 19, 27, 35, 43



Dear people

Hi everybody! Send only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.peoplemagazine.co.za) where you can upload your own photos!



Our adorable Sasha-Lee likes to pout for every picture taken. She's our precious model! **Megan**



My son Sir M enjoying his lunch. I just love him to bits. **Senzoh Els**



My beautiful daughter, Phoebe. Mommy loves you! **Terryan Frazenburg**



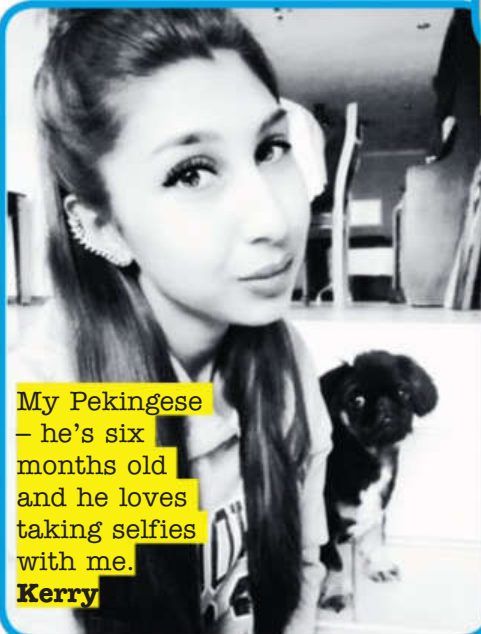
My babies and me on our fun day out. I'm exceptionally proud to be their mom and love them to the moon. **Lucinda Williams**



My beautiful fiancée Jaydene and my daughter Kyra Moodlier. I love them to bits...

Paven Moodlier

My sketch: It's time I start writing my own happy ending story. **Aimee Lassner**



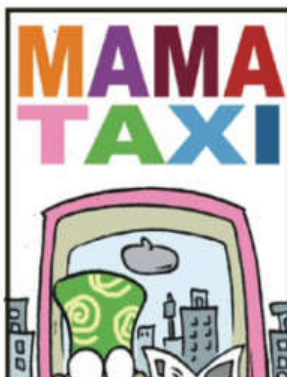
My Pekingese - he's six months old and he loves taking selfies with me. **Kerry**



TJ chilling with his bestie. **Anon**



See more pictures, or upload your own on www.peoplemagazine.co.za



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

A War Fought On the Bodies Of Women

A RECENT flood of social media accounts, together with a few leaked documents, paint a chilling picture of the ISIS slave markets in Iraq and Syria.

THE men are jostling each other, pointing, laughing, commenting. In the Iraqi city of Mosul, markets and auctions are not uncommon. Meat, vegetables, even electronics can be purchased this way, and the crowds always gather. What makes *this* auction different to all the others is that the men are bargaining, not for bales of wool, or a crate of fish, but for women.

As one woman who was sold on this market explains, "It was like a massive reception hall with large columns. Dozens of women were gathered there. The men circulated among us, laughing raucously, pinching our backsides." That this is happening to any women at all is horrifying, but it's made worse by the fact that many of those being sold are barely teenagers, some are even children.

"That one has big breasts," one man apparently jeered while pointing at a teenager, before adding, "But I want a Yazidi with blue eyes and pale skin. Those are the best apparently. I am willing to pay the price."

This girl's story is only one of thousands in the ISIS-controlled regions of Iraq and Syria, where women and girls are often traded for 'less than the price of a pack of cigarettes'.

This is according to the UN envoy on sexual violence Zainab Bangura, who recently had the opportunity to tour the war-torn areas and

witness the atrocities first hand.

"This is a war that is being fought on the bodies of women," Bangura exclaims.

The envoy explained that ISIS uses the promise of women to lure young men into fighting for them. "We have women waiting for you, virgins that you can marry," is what they promise. "They kidnap and abduct women when they take areas so they have – I don't want to call it a fresh supply – but they have new girls," says Bangura.

As ISIS moved through the remote communities of northern Iraq last year, the group reportedly enslaved thousands of Yazidi women, whilst men were lined up by the side of the road and shot dead one by one into mass graves. Human Rights Watch says these women were then taken to detention camps in the cities of Mosul and Tal Afar and sold off as servants or concubines. According to work carried out by a team of researchers from Bristol University's Gender and Violence Research Centre more than 2 500 women have been captured from Yazidi communities alone. Yazidi activists say that the number of women missing is closer to 5 000.

Bangura tells of how she met with a group of women who had escaped capture, and who all told very similar stories.

"Some were taken, locked up in a room, over

100 of them in a small house, stripped naked and washed. They were then made to stand in front of a group of men who decide 'what you are worth'."

For its part ISIS has not attempted to cover up or distance itself from the reports of the markets, nor has it claimed that any of the young women whose stories are being leaked are lying. From the members' perspective the slave markets and enforced slavery of young women is legal, moral and a totally necessary part of their marketing. In December last year the group even released a pamphlet on the suggested treatment of female slaves, which has now come to light. The rules are written in the form of questions and answers and say, among other things, that it is 'permissible' to have sexual intercourse with, beat and trade non-Muslim slaves, including young girls.

In the pamphlet, titled *Su'al wa-Jawab fi al-Sabi wa-Riqab* (Questions and Answers on Taking Captives and Slaves), ISIS justifies capturing the women due to their disbelief in Islam.

"Unbelieving women who were captured and brought into the abode of Islam are permissible to us."

According to the pamphlet, ISIS members are permitted to have sex with the women. "Allah the almighty said, 'Successful are the believers who guard their chastity, except from their



The atrocities committed by ISIS have sparked worldwide outrage

wives or the captives and slaves that their right hands possess, for then they are free from blame [Quran 23:5-6].”

For many of the young girls, this forced sex with their new ‘owners’ is the first thing to happen to them after they have been ‘purchased’. “If she is a virgin, her master can have intercourse with her immediately after taking possession of her. However, if she isn’t, her uterus must be purified,” The pamphlet explains. A female captive cannot be sold, however, if she has been impregnated by her ‘owner’.

The pamphlet also details how a female slave can be beaten, and just where it is legal to hit her.

“It is permissible to beat the female slave as a form of discipline, but it is forbidden to beat for the purpose of achieving gratification or for torture. Further, it is forbidden to hit the face.” One of the final questions asks what happens when a female slave runs away from her master. “A male or female slave running away is among the gravest of sins,” the pamphlet reads. Although it does not specify a punishment, it says that the woman will be ‘reprimanded in such a way that deters others like her from escaping’.

Hints that the slave markets were taking place were available as early as November last year, when a price list for slaves made its way out of Syria, leaked by activists based in the ISIS-controlled territory. Initially both the media and politicians were unsure as to how accurate the document was, or even if it were real. The list, geared toward both ISIS fighters and Middle Easterners, set boys and girls aged one to nine at about R2 200, while adolescent girls went for about R1 700. Women between the ages 40 and 50 were marketed for the lowest price. It is prohibited to acquire more than three women, though Turks, Syrians and Gulf Countries are excluded from this ban.

Bangura says she was shown the document during a recent visit to Iraq and was able to verify its authenticity. “The girls get peddled like barrels of petrol,” she says. “One girl can be sold and bought by five or six different men. Sometimes these fighters sell the girls back to their families for thousands of dollars of ransom.”

Bangura also warns against underestimating ISIS. “It’s not an ordinary rebel group,” she says. “When you dismiss them as such, then you are

using the tools you are used to. This is different. They have the combination of a conventional military and a well-run organised state.”

While ISIS has been unafraid of attempting to use verses from the Quran to justify its actions, many other Muslim scholars have decried the markets and the selling of slaves, ruling that it should have no part in a modern Muslim society.

Among them is former deputy Egyptian Minister of Religious Affairs, Sâlim ‘Abd al-Jalîl, who said that slavery (al-raqq) is an ancient phenomenon, dating from the pre-Islamic age of jâhiliyya, and that it should have been overcome long ago, ever since God invited Muhammad and the Sharia to abolish it. The minister distances himself from this practice, also recalling a saying of the Prophet, warning the men who turn to it. “On the day of the resurrection I shall contest three types of men, the man who came to me and then disowned me, the man who sold a free person and was illegally enriched with the money obtained from this sale, the man who has taken a servant into his service, benefited from their services and did not effectuate payment”. The leaders of ISIS, however, turn a blind eye to these pronouncements.

During her account of her travels in Syria, Bangura told the story of a 15-year-old girl whom she had met, who was sold to an ISIS leader, and who had

subsequently escaped. The girl had told Bangura that she had been purchased by a sheikh aged in his 50s, who after buying her, showed her a gun and a stick and asked her ‘tell me what you want’. “She said ‘the gun’ and he replied, ‘I didn’t buy you so that you could kill yourself’.” He then raped her.

Stories of atrocity like this continue to flow like an ever-increasing tide out of the war-torn sectors of the Middle East.



UN envoy Zainab Bangura has travelled ISIS-controlled regions and heard first-hand accounts of the horrors



'Life After My Parents'

THIS reader reflects on the tortured life she has lived since the death of her parents.

"I NOW live a very lonely life. I am 38 years old and feel totally abandoned. My mother died a while ago, and two years after her passing, my father died too.

I spent my entire life looking after my parents. This taught me patience. I did it all out of love. We stayed in a rented house before their passing, and now I have no form of income and the lease is almost up. I have to find another place for me and elderly grandmother, but I have no idea how to do this.

My parents treated me like gold. They were so protective and I always felt safe. Now my world has been turned upside down.

On top of all this, I'd also been raped, something I never told my parents. I couldn't find the courage to tell them, partly out of fear that they might not believe

me. I also feel that if I had, it would have surely killed them. I got myself through the trauma, without counselling. And now I counsel other rape victims, and abused women, free from my cellphone.

But I feel trapped. I don't have a life. Everyone around me has a life worth living for. All my siblings believe that I need to be protected. It feels like I am a prisoner and will be locked up in this personal hell for the rest of my life. I often wonder what I am doing on earth.

'It feels like I am a prisoner and will be locked up in this personal hell.'

I know things would be better if my parents were still alive. I want to experience happiness like I felt before.

Living with your parents is a blessing. But it was also such a curse, because, now that they are gone, my life is empty.

I was blessed that I felt worthwhile when I was looking after them. Now I have no life."

'Lost Cause'

THIS reader shares her experience of growing up with a mentally ill brother who would later turn on his family.

"I GREW up in a close-knit family, always going on outings together. My mother, as a single parent, did everything she thought was best for us. Little did she know her beloved son would one day bring her the most unbearable pain imaginable.

It was in October 2008 that my brother was diagnosed with schizophrenia. He eventually was admitted to a mental hospital in Pietermaritzburg, but before he went there we had taken him to countless traditional healers believing he was bewitched. Finally, after his diagnosis, we understood his erratic and weird behaviour. We prayed for his healing, but little did we know he was also a drug addict, using marijuana and nyaope. He was released after six months of intensive care. We thought things would change for the better. We were wrong.

His destructive behaviour continued. He refused his medication and constantly wandered around for his fix. Then he started stealing from us. But it all took a turn for the worse when he started making rude sexual remarks towards me and my mother. He spoke about how we owed him sex since he couldn't get a girlfriend because

of his condition. This left both my mother and me shocked and disgusted.

One afternoon while my mother was preparing the Sunday meal, my brother walked in, pulled out a knife and stabbed my mother in the back and fled. I heard a chilling scream from the kitchen, and when I got there I was horrified to see blood.

'My brother walked in, pulled out a knife and stabbed my mother in the back.'

My mom was rushed to the hospital to receive immediate care. She survived. My own brother wanted my mother dead? Was that the reward she deserved for raising us and loving and supporting my brother?

We now have now secured our house as best we can, but we still have nightmares about that afternoon.

My brother has since disappeared. It's been over a year now since we saw or heard from him.

I have decided to share our story because people need to be aware. Parents – especially mothers – should know when to let go and let their child live the way they want to. My brother made a choice to destroy himself with drugs. Yet we continued to take him back, hoping he would appreciate the love and support we had for him, but in the end he became his own enemy and caused heartache and harm to the two women who wanted nothing but the best for him."

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.



SARAH MALULEKE

Disappeared: July 23, 2015

Age: 15

Sarah left home in Temba and has been missing ever since.



NICOLLETTE CLAUDIA ABRAHAMS

Disappeared: March 14, 2015

Age: 37

Nicollette left home in Booyens and has been missing ever since.



SIMPHIWE THOMAS MATHEBULA

Disappeared: June 17, 2015

Age: N/A

Simphiwe left home in Ga-Rankuwa and has been missing ever since.



MARCH MABOA

Disappeared: August 16, 2015

Age: 28

March left home in Temba and has been missing ever since.



CHECHE PHINEAS SEFANE

Disappeared: August 12, 2015

Age: 62

Cheche left home in Temba and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6

E-mail: info@powa.co.za

Web: www.powa.co.za

Rape Crisis (021) 447-1467

E-mail: info@rapecrisis.org.za

Web: www.rapecrisis.org.za

Lifeline (011) 715-2000 / 0800 012 322

Childline 082 233 2333 or 0800 055 555

SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413

Teddy Bear Clinic (011) 481-5161

Aids Helpline 0800 012 322, or (011) 880-0405

Web: www.aidsinfo.co.za

Anorexia and Bulimia Family Support Group (011) 640-1965

Web: www.edsupport.co.za

Cancercare Centre (011) 646-5628

SA Depression & Anxiety Support Group (SADAG)

(011) 783-1474 or (011) 884-1797

Alcoholics Anonymous South Africa (011) 452-9907

SANCA (011) 482-1070

Gamblers Anonymous 0800 006 008

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?



Real Life *'My Best Friend* Killed My Child'

BRYNN'S life was shattered when her best friend ran over her little girl.



SOURCE: BIRD MEDIA

Brynn with her husband Cody, her son Wyatt, and little Rowan



THERE can be no greater sadness than when a parent loses a child. But what if the person responsible for your child's death was your best friend?

That is exactly the situation that Brynn Johnson, 32, and Cassie Miller found themselves in when Cassie accidentally rode over Brynn's toddler, killing her. Bizarrely, the two claim their friendship is today stronger than ever, and as they faced the excruciatingly painful first anniversary of Rowyn's death on September 16 this year, they found in the charity they began in her memory.

Brynn, who lives with husband Cody, 35 and son Wyatt, four, in Tenino, Washington, says, "The grief I feel is still overwhelming. Every single minute of every day I miss her and there is a huge hole in all of our lives that is impossible to fill. I can't believe it has been a year since I lost the daughter I loved with all my heart and I still can't believe she is never coming back."

Speaking of how they felt as the anniversary approached, she says, "The pain of that day was with me more than ever. I know it is as hard for Cassie as it is for me and we have helped each other in our darkest hours."

But in news that has thrilled the friends, Brynn is now pregnant with another child.

"Now I have a new life growing inside of me, another little girl, who will breathe new life amongst this terrible sorrow. From the moment we lost Rowyn we knew we wanted to try for another baby. Nothing will ever replace her, but

we always wanted Wyatt to have a sibling and we knew we had to try for another. It gave us something more positive to focus on."

It was on September 16, 2014 when Brynn and Cassie's lives were turned upside-down. Cassie was picking up Brynn's son Wyatt and taking him to preschool with her own son Easton, five, when she accidentally ran over Rowyn.

Recalling that day, Cassie, who lives with husband Aaron and other son Logan, 21 months, said, "Wyatt was crying as he didn't want to go to school, so Brynn and I were trying our best to get him in the car. It was then that Rowyn got out and came down the steps. I thought she was on the porch as I pulled out of the drive. But suddenly I felt a thump and both boys said 'What was that?'"

It was then that the unthinkable dawned on her. "I will never forget looking out of the rear view window and seeing Rowyn's lifeless body lying in the driveway. I saw her at exactly the same time as Brynn did. I dived out of the car and as I scooped her out of Brynn's arms to lay her in the grass and give her CPR, I saw that Brynn's white robe was covered in blood. By this time Cody had come out of the house and we were all frantically trying to save the little girl."

The ambulance eventually arrived and while they tried their best, Brynn and Cassie sank to their knees and prayed together in the grass.

"We were praying for a miracle," says Cassie. Sadly the miracle never came: Paramedics told of how Rowyn had died on impact. And both Cassie and Brynn's lives were blown into a million pieces.

"I remember saying, 'I'm so sorry, I'm so sorry' as I sobbed and screamed," recalls Cassie. I was in shock and could not believe what had happened. Every single day I struggle with what I did and the guilt is overwhelming."

Brynn adds, "It was hard to believe what had happened and my body just went into shock. One minute you are getting your son into the car for school, the next you are being told your little girl is dead. It was just devastating and impossible to comprehend."

Incredibly, Brynn and her husband have never blamed Cassie. Instead Brynn tells how she blames herself.

"When the accident happened and upon seeing my friend just crumble, engulfed in pain, not once did it ever occur to me to blame her. And there was never any question of our friendship surviving; in fact, it's grown. We have grown even closer and held each other up during times when neither of us thought we would make it

through the day. It was a tragic accident and I know Cassie loved Rowyn and, like us, misses her every day. But I did blame myself."

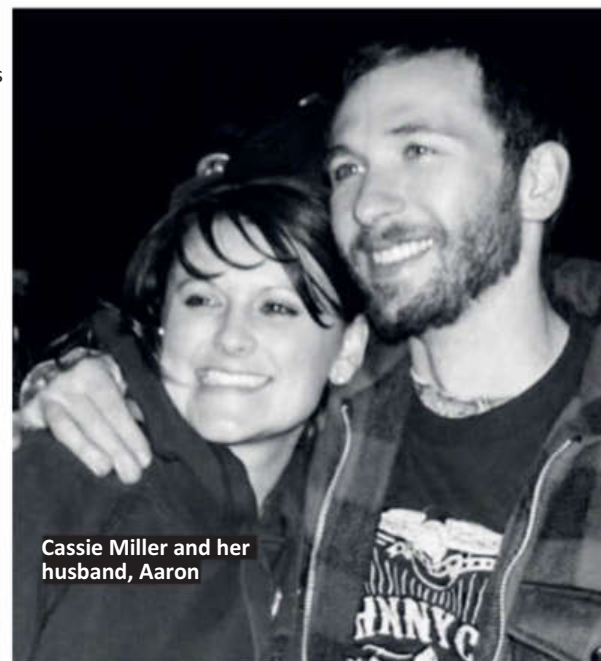
More than anything, creating a charity in Rowyn's memory has given the friends a focus in their shattered lives.

The charity is called 'Raise For Rowyn' and is dedicated to help other families who have endured the pain of losing a child. So far the charity has helped an incredible 24 families pay for the funerals of their loved ones.

Brynn says, "When you lose a child your grief is all-consuming, so the last thing you need is to start worrying about how you are going to afford a funeral for your child. We never could have imagined how expensive it would be to give our daughter a funeral, but luckily we had savings so could afford it. But I know there are plenty of other families who are not as fortunate as us." On her current pregnancy, Brynn says, "Finding out I was having another girl has brought us a little slice of joy in what has otherwise been a very dark year. The baby is due on October 30 and it's the thought of that carried me through the days leading up to the anniversary of Rowyn's death. We will call her Mynrow, a sort of anagram of her big sister's name."

Cassie adds, "Nothing will ever bring Rowyn back, but what I can do is pledge my life to the charity we stated in her honour – keeping her memory alive and helping other families who have had to endure the horror of losing a child."

FOR anyone who would like to donate to Raise For Rowyn, go to www.raiseforrowyn.org.



Cassie Miller and her husband, Aaron



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 89

Did You Know?

BY ZARA BRINER

INTERESTING facts about the world we live in.

- * AN adult giraffe can kill a lion with one hard kick.
- * KANGAROOS can't jump backwards.
- * STRAWBERRIES are not actually berries, but watermelon, pumpkins, bananas, and avocados are.
- * JAMES AVERY, who played Uncle Phil on *The Fresh Prince Of Bel Air*, was the voice of Shredder on the *Teenage Mutant Ninja Turtles*.
- * THE actors who voiced Mickey and Minnie, **Wayne Allwine** and **Russi Taylor**, married each other.
- * KILTS originated in France, not Scotland.
- * THE Manhattan cocktail, a mixture of whiskey and sweet vermouth, was invented for a banquet hosted by Winston Churchill's mother.
- * WHEN you stretch and yawn at the same time, it's called 'pandiculation'.
- * THE duffel bag got its name because it originated in Duffel, Belgium.
- * IN the early stage production of *The Wizard Of Oz*, Toto the dog was replaced by a cow named Imogene.
- * LARGE snakes, like pythons and boas, can go up to a year without eating.
- * PEANUT oil can be used for a component to make dynamite.
- * A GORILLA sleeps for about 70 percent of its 23-year life span.
- * THE American state of Louisiana is named after Louis XIV. It was under French control between 1682 and 1763 and again from 1800 to 1803 and was known as 'La Louisiane' (Land of Louis).
- * NEWBORN babies do not shed tears because their tear ducts haven't fully formed yet.

Real Life Saving Lives With Her Savings

THE heartwarming story of a woman who used her savings to rescue abused and hungry children.

SOURCE: CYNTHIA VICA COSTA

MAGGIE DOYNE graduated high school with honours and was on the fast track to a successful career after college in whatever field she chose. One morning she woke up and decided she 'couldn't do it', so she postponed her studies for one year to travel to four Asian countries and work with the poor. She needed to discover her inner self and has never looked back.



my energy towards, so at the very last moment I put off college. It was a big surprise to everybody," she said.

At 18, she left her comfortable home in Mendham Borough, New Jersey to go backpacking, scuba diving, help build a sea wall in Fiji, visit Buddhist monasteries, and work with the poor including Nepalese refugees in north-eastern India fleeing Maoist insurgents in their country.

"There was a 13-year civil war going on in Nepal that I didn't know about," she said. "That's where I met a teenage girl named Sunita and we decided to go back together to Nepal."

The girl's beautiful village at the foothills of the Himalayas was destroyed, the temples burned and the girl's childhood home turned into a rebel camp. Children were the hardest hit in the Nepalese Civil War. They were recruited as child soldiers and were most likely to be imprisoned and raped, according to Amnesty International. Maggie Doyle had never seen such atrocities.

It was about then, at age 19, she found her life's calling. She wanted to improve the world around her, stamp out poverty and hunger, especially for children.

"It began with looking into the eyes of children, mostly little girls, pounding rocks alongside a riverbed to turn them into pebbles to sell," she said. "I saw their extreme suffering, yet there was happiness and joy when they said 'Namaste didi,' which means, 'Hello, big sister'. On the road I saw Hema, a six-year-old girl with big brown eyes carrying a huge bag of stones on her back and I thought 'that girl is me.' I thought, 'I can't leave this little girl'."

Comparing the opportunities she had growing up in New Jersey to the girl's, Maggie decided to pay R100 to enrol Hema in school and another R120 so she could buy a uniform,



Maggie's 'little' family of needy children has grown to a substantial 51





With her savings, Maggie opened a school for children in need

books, and a backpack to go to preschool. Her philanthropy snowballed and slowly, she began enrolling more children in school with her own money.

"I thought, 'I have to start now.' I have to put Hema in school, then another. Five children became 10," she said. "It's addictive." But going to school was not enough. Most of the children lived in a one-room shack or with impoverished parents or mothers with no skills to support the family and provide basic needs.

Maggie worked with villagers to pave the way for a group home on land that she purchased in the Kopila Valley. "If we want to change the trajectory of these children's lives, then we have to get them from the start, and we have to change the model for orphan care. They have to be raised in a home. We never use the word 'orphanage'. Actually, I don't even think the kids know the word 'orphanage'."

Shortly after, she briefly returned to New Jersey, working odd jobs and raised R330 000, which she used to build the Kopila Valle Children's Shelter in 2008.

The first student was Nisha, an orphan girl about seven or eight years old who quickly picked-up English like a native speaker.

Maggie, who at 28 is now fluent in Nepalese, is currently the legal guardian to 51 shelter children. She lives with them, helps bathe the youngest and sometimes reads to them at night after dinner and a family meeting where everyone sits together to discuss the day.

"We always start the family meeting with a ritual in which we join our index finger to our thumbs and chant 'Oommmm' three times. It's a prayer for universal peace," she says. The children all call her 'Mom', and call the staff 'Aunties' and 'Uncles'. All children have chores and 'do their part to make the home run smoothly'. "It's communal living for sure," she explained.

The number of shelter children, whose ages range from one to 16 years old, has over the years swelled because 'there are kids that come in that you can't say no to'. "Robbie was the last and youngest child to enter, severely malnourished and weighing only 2kg.

"He was like a sack of bones," she says as she holds him close to her face. "He's the

love of my life. Now, he's exactly where he should be for his age (one year old). He's a 17kg giggly happy child. He's doing great. He's our miracle baby."

It wasn't long before Maggie's philanthropic work was noticed around the world. In 2009, she won a R1.3-million humanitarian award and with it, built a primary school with a library, health clinic, cafeteria, auditorium, counselling centre and after-school programme. The school is so popular, that upper-caste parents want to enrol their children even if they have to mix with students of the lower-caste. Between 800 and 1 000 applicants are screened every year for admission, but only the neediest cases are accepted.

Currently, 350 children attend Kopila Valley Primary School, including all the school-age children who live with Maggie.

"Most of the students live in one room, a mud hut," she said. "A lot of them are just in survival mode. We try to relieve the burden from the family, so that the child has food, medical care, books and zero fees for education."

She is particularly interested in educating girls because she said that uneducated females are often victims of exploitation and child trafficking. She also wants the girls to know that they can limit their pregnancies and become skilled labourers who contribute to society.

While the school ran smoothly for the first four years, Maggie noticed that many students were coming to class without washing and were sometimes distraught. The mothers neglected the children because they were being battered by abusive or drunken husbands.

The cycle of domestic neglect and abuse upset Maggie, so she decided to buy some sewing machines for local women. Although 160 women showed up, she only had room for 70. Classes include sewing, parenting, health and cleanliness. The women learned how to make sanitary napkins because menstruation is taboo in Hindu culture and girls and women do not leave the house or attend class out of shame when they are menstruating. The seamstresses have also learned to make yoga mat bags, school uniforms, backpacks and pajamas.

Recently, the children's shelter and school bought a patch of land to grow their own food and also use solar energy. Although she has no significant other in her life, Maggie Doyle is not lacking in any way. She said that she revels in the love and kisses she gets from her children and her work. "I couldn't go back knowing what I knew," she said recently. "It's more than just a little girl with a backpack and a big dream. It's become a community and I want to teach and have other people take this example and hope that this sets a precedent for what our world can be and look like. I hope that people learn that material stuff is not going to fulfill us."



Mnandi News

BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have

you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

THERE are just so many instances of help we get from GP Security. They go beyond the call of duty when we are in need. Arriving back at your house late, it is dark and you are a woman alone, they are always there. They are an awesome security firm and need to be acknowledged. Thank you Gary and your staff. You are awesome.

Ina Hattingh, Port Edward

ANDICCIO PIZZA at the top of Corlett Drive and at the top of South Road in Sandton have the best staff ever! Even at 02h00 they are 'vibing' and give good service. I love these guys!

The Party-Hards, Joburg

EVERYONE can do their bit to help their favourite charity. I want to say a big thank you to Terry and Clifford Peake from Cronje Design who helped one of my fave charities, PETs JHB – Pet Empowerment in Townships – when they needed flyers to promote their raffle for Zwahili Game Lodge & Spa that gave a great getaway as a prize.

Jeanette du Plooy, Mondeor

PROMISE at our local Spar is such a friendly and efficient cashier. It is always a pleasure shopping there and seeing her.

Madge B, Krugersdorp

WE ordered flags from National Flags and were so impressed with what they could do. They do lots more than just the usual country or team flags and helped us design a flag for a special occasion. Do use this company.

Tim Potgieter, Rustenburg

I DIDN'T know little Klara who committed suicide but I think everyone who reached out to her family and her mother in particular should be thanked for their love and compassion. You don't have to know someone to care and people were so kind to her mom after her terrible loss. I can tell you it does make a difference.

Another Caring Mother Who Lost A Daughter, Kibler Park





THE truth about pain and how (and why) we hurt.

THINK of a city. You have the outlying suburbs. Commuters travel from these onto highways that take them to the CBD, where they work. That's a little like how our bodies operate, although there is only one main highway. This is the spinal chord and it connects the sensory and motor nerves (the suburbs) in all areas of the body with the brain (the CBD). Together the brain and spinal chord make up the central nervous system. The nerves form the peripheral nervous system. Just like commuters in a city, messages travel two ways. Nerves send impulses about what is happening in our environment to the brain via the spinal cord. The brain sends information back to the nerves, which helps us to perform actions.

Different sensory nerve fibres respond to different things – cold, warmth, touch and so forth – and produce chemical responses which determine how sensations are interpreted. The nerves that pick up pain are called nociceptors. There are more in your fingers and toes, where injury is more likely to occur, than in other parts of your body.

“The larger nociceptors convey electrical impulses very rapidly to the brain, and are thought to cause sharp pricking pain, while the very fine fibres cause ongoing ‘burning’ or ‘unbearable’ pain,” explains Sally Lawson, a professor of physiology at the University of Bristol in the UK. The very fine fibres are also believed to be responsible for ‘chronic’ pain (more on which later).

OUCH!

BY WALTON GOLIGHTLY

Let's say you step on a sharp rock. Bam! The tissues in your foot become compressed, waking up the nociceptors, which transmit electrical signals to your spinal column. If the pain gets stronger, they fire more rapidly and intensely.

In the spinal cord, itself a complex array of bundles of nerves, the electrical pain signals trigger the release of chemicals called neurotransmitters, which activate other nerve cells that process and transmit the information to the brain.

However, you could say the spine has a mind of its own as well. Touch a hot surface and the pain signal is sent straight to the brain. Weaker messages are given less priority, so that you don't overreact to a minor scrape. Of course, we're talking about a difference of nanoseconds here and a delay you might not even be aware of. All of this sifting occurs in an area of the spinal cord called the dorsal horn. The ‘decisions’ it takes are called ‘reflexes’.

In other words, the brain does not have to tell your foot to move away from the rock, because the dorsal horn has already sent that message. At the same time, all pain signals eventually make it to the brain. This is because simply taking your foot off the rock does not solve all of your problems. No matter how mild the damage, the tissues in your foot still need to be healed. Also, the brain might signal nerve cells to release painkillers, such as endorphins.

When the pain signal reaches the brain it goes to the

thalamus and then to other areas for 'processing'. Sites in the cortex work out where the pain came from and compare it to other kinds of pain with which it's familiar. Was it sharp? Did it hurt more than stepping on a drawing pin, say? Have you ever stepped on a rock before – if so, was it better or worse? Signals are also sent to the limbic system, the emotional centre of the brain. Ever wonder why some pain makes you cry? The limbic system decides. Feelings are associated with every sensation you encounter, and each feeling generates a unique response. Your heart rate may increase, and you may break out into a sweat. Also, if you step on that rock after you have a fight with your wife, your response may be very different from how it would have been if you had just won the Lotto. Your feelings about the experience may be tainted if the last time you stepped on a rock, your foot became infected. If you stepped on a rock once before and nothing terrible happened to you, you may recover more quickly. In short, pain is more than just cause and effect: how you feel pain is affected by everything else that's going on in the nervous system. "Pain is a complex mixture of emotions, culture, experience, spirit and sensation," says Kathryn Weiner, director of the American Academy of Pain Management. As a result, pain and its treatment 'represents a major problem confronting our modern culture'. Weiner is, of course, referring primarily to chronic pain, which has a 'significant impact on the pain sufferer and their family'.

'There may no longer be a physical cause of pain, but the pain response is the same.'

Put another way, you have 'evoked pain' (such as stepping on a rock or hitting yourself on the thumb with a hammer) and you have 'spontaneous pain' for which there is often no obvious external cause.

"Acute pain is usually evoked, but chronic pain can be evoked or spontaneous, and spontaneous pain may be an ongoing, often burning pain, or an intermittent sharp stabbing or shooting pain, or it can be both," explains Sally Lawson.

Only specialists can give proper advice for individual conditions. But all agree that curing chronic pain requires a proactive approach on the part of the sufferer. Educate yourself, they say, and seek the advice of multiple experts.

Also, don't avoid exercise. "Years ago, people who were in pain were told to rest," says Edward Laskowski, a rehabilitation specialist and co-director of the Sports Medicine Centre at the Mayo Clinic in Rochester, Minnesota. "But now we know the exact opposite is true. When you rest, you become deconditioned – which may actually contribute to chronic pain."

When you stepped on that rock, you experienced acute pain, which soon went away (after you stepped off the rock!). Sometimes, however, pain receptors keep transmitting. This is chronic pain and can be caused by a disease or condition that continuously causes damage. With arthritis, for example, the joint is in a constant state of disrepair, causing pain signals to keep travelling to the brain. Sometimes, even in the absence of tissue damage, nociceptors continue to fire. There may no longer be a physical cause of pain, but the pain response is the same. This makes chronic pain difficult to pin down and even more difficult to treat.



*** REMEMBER to first seek your GP's advice when devising an exercise programme.**



Follow us on twitter.com/people_sa

Verdict

BY WALTON GOLIGHTLY

AMORAL KILLING MACHINE

JOHNSON was sentenced to death. Twice.

FOR two long months, between June 25 and August 25, 1983, Joliet and surrounding communities in Indiana were terrorised by a series of random 'weekend murders' marked by savage violence.

The crime spree started with the death of sisters Zita Blum, 66, and Honora Lehman, 69. They were found shot and stabbed in their burnt-out home on Saturday, June 25. A week later, on July 2, Kenneth and Terri Johnson were shot to death without apparent motive.

Five people – including two deputy sheriffs – were killed on Saturday, July 16, in what authorities termed a 'random wholesale slaughter'. The next evening, Anthony Hackett, 18, was shot to death and girlfriend Patricia Payne raped and stabbed. Incredibly, she survived.

Meanwhile, a receipt for the repair of a fishing reel was found under one of the bodies in the Saturday killing. It belonged to local man Sam Myers – but he could prove he had been in Mississippi at the time. Perhaps the receipt had blown out of the window of his pick-up as he drove past the site, he said. The violence escalated. On Saturday, August 20, four women were shot and stabbed to death in a Joliet pottery shop, their handbags dumped nearby with money still inside. On August 21, Ralph Dixon, 40, and Crystal Knight, 25, were found bound and dead in Dixon's apartment. Both had had their throats slashed and Crystal had been stabbed more than 20 times. The killer seemed go quiet then. In February 1984, Lt Charles Malinowski was assigned the case. He began looking for similar cases that the police might have missed. He found one – a report of the harassment of two women in July 1983 by a black male driving a black-pick-up. The interesting thing here was that the pick-up belonged to Sam Myers.

Malinowski interviewed Myers – who pointed him to his stepson Milton Johnson, who had been living with him at the time of the killings. Born in 1951, Johnson was convicted at age 19 of raping a Joliet woman and torturing her with a cigarette lighter. The charge carried a sentence of 25 to 35 years in prison, with a consecutive term of five to 10 years added on for burglary. Even with good behaviour, Johnson should have been confined until April 1986, but authorities saw fit to release him more than three years prematurely, in March 1983.

A year later, on March 9, 1984, Johnson was arrested while visiting his parole officer, and charged with aggravated battery and deviate sexual assault in the rape of Anthony Hackett's girlfriend – who had identified him as her assailant. Convicted of all counts in September 1984, Johnson was sentenced to death.

Four months later, on January 23, 1986, Johnson was convicted of quadruple murder in the ceramic shop massacre and received a second death sentence.

Prosecution proceeded in these cases, because the evidence against Johnson was strongest, although there's no doubt in the minds of investigators that he was responsible for the other slayings.

This said, when last heard of, the man called an 'amoral killing machine' by a former State attorney, had succeeded in earning himself a new trial for the rape of Payne. A number of technicalities were involved, including 'inadequate counsel'.

Off The Track

BY VANESSA PAPAS

WE score up the hottest sporting gossip from around the world!

Jean De Villiers Retires

AT 34 years old, Springbok captain **Jean de Villiers** is no spring chicken, but he's still arguably one of the greatest players in the Bok team. Fans are still coming to terms with **De Villiers'** decision to retire from international rugby. The married father of three announced he was throwing in the towel following a jaw fracture he sustained during the Rugby World Cup match against Samoa (which the Boks won hands down). **De Villiers**, who captained the Boks 37 times, has retired as the second most capped Springbok captain of all time, and is currently the fourth most capped player in the history of South African Test rugby, with 109. "When I got injured and I left the field, I knew that I had played my last Test for South Africa," he said. "Injuries are part of rugby and I've had my fair share, so by now I know how to cope with them. It's very sad, but life goes on – I need to take it all in and move forward. The last time I got injured in a World Cup match and had to go home, was in 2007, also against Samoa, and that finished well for the Boks, so hopefully it will happen again. I was quite sad on the one hand when I came off the field, as I knew I wouldn't get the opportunity to play for my country again. Having played for South Africa for 13 years, I've been fortunate to experience so many great things and I got to know so many good friends, but you never think it would end like this. It has happened now and I'll be eternally grateful for the time I've had in the Springbok jersey. I would like to wish the team all the very best and as a former Springbok, I'm now their number one supporter."



Armstrong Settles

JUST when you thought all things **Lance Armstrong** were done and dusted, the disgraced cyclist makes news headlines once again. **Armstrong**, 44, has settled a 10-year dispute with an insurance firm over the repayment of R110-million paid to the cyclist before he admitted to doping. According to a detailed report, **Armstrong** received the money from SCA Promotions Inc in relation to his seven Tour de France victories. He was ordered to pay it back after losing a lawsuit in February. "I'm pleased to have this matter behind me and I look forward to moving on," he said, not revealing how much he had paid SCA as part of the settlement. **Armstrong** still has a string of settlements in the wing he'll have to deal with.



Go Bok Sevens!

THE Springbok Women's Sevens kept alive their hopes of representing South Africa at the 2016 Rio Olympic Games when they defeated Kenya 31 – 5 in the Cup Final of the Rugby Africa Women's Sevens Olympic Qualifier at the Barnard Stadium in Kempton Park. The victory ensured that the team completed the tournament unbeaten and on a memorable note as they scored 265 points and conceded only five in their six matches. The decision on whether the team will go to the Olympic Games will be made by the South African Sports Confederation and Olympic Committee.

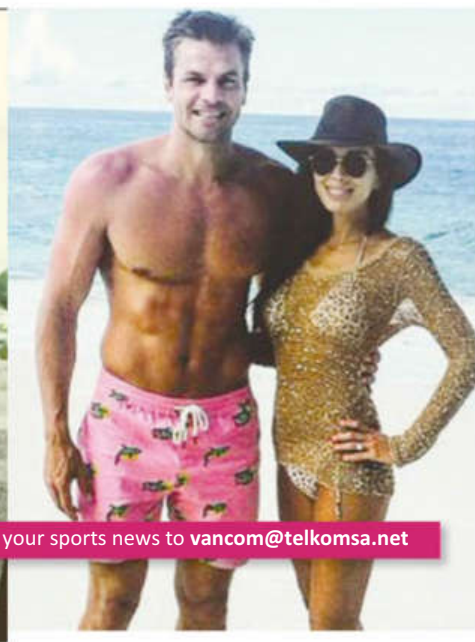
Photography Legend Dies

'LADIES FIRST' – that's how we will remember **Duif Du Toit** – a true gentlemen who was always the first to greet you at a sporting event, happy to shift over so you could get a shot, and had the uncanny ability to make you laugh at the touch of a button. **Duif**, a South African photographer renowned for capturing some of the greatest moments in sporting history, passed away after an illness recently. It's believed he died of organ failure. Incredibly talented, **Duif** worked for Gallo Images and won many awards during his career for his ability to capture amazing, and often seemingly impossible, shots. The 57-year-old joined Gallo in 2006, having previously worked for *The Star* newspaper and Touchline Media. He is survived by his wife and son, and will be missed by all who knew him.



Neethling's Romantic Getaway

LOOKS like **Ryk Neethling** and his sexy fiancée Canadian beauty queen **Sahar Biniaz** enjoyed their island holiday, spending their time soaking up the sun and swimming in the crystal blue water. The couple escaped the hustle and bustle of city life and headed off to Fregate Private Island in the Seychelles. **Neethling** posted several pics of their holiday on Twitter with the words: 'Day 2 in paradise. I've never experienced a place so idyllic.' It's believed the Island has just 16 villas and seven beaches!



E-mail your sports news to vancom@telkomsa.net

BRADLEY

Before They Were Famous

BY MARK WASSERMAN

COOPER

THEY'RE big Hollywood stars now, but it wasn't always the case for these celebrities.

FROM the moment Bradley Cooper graced the silver screen, his good looks and glacial blue eyes have got fans' hearts racing, and it doesn't hurt that the hunk is quite talented. But before he had women (and a fair share of men) swooning, the A-list star was just an ordinary guy out to make a name for himself. We bring you a few facts about Brad's past that you may not have known.

- * **BRADLEY CHARLES COOPER** was born on January 5, 1975 in Philadelphia, Pennsylvania.
- * **HIS** is of Irish descent on his father's side and Italian descent on his mother's.
- * **COOPER** developed cholesteatoma soon after his birth – an abnormal growth in the middle ear behind the eardrum.
- * **BRADLEY** went to Germantown Academy, reportedly the oldest nonsectarian day school in the United States (it dates back to 1759). During this time he worked at the *Philadelphia Daily News*.
- * **BRADLEY** graduated from the Honours English programme at Georgetown University, and moved to New York to pursue acting.
- * **HE** worked at New York's Morgan's Hotel for a time while studying drama at The New School. He was a doorman.
- * **BRADLEY** claims to have occasionally

cooked for his classmates as a young man, and even had a go-to dish. "I prided myself in taking whatever was in the fridge and turning it into lasagne."

* **ACCORDING** to the star, before he decided to be an actor, he wanted to attend military academy and move to Japan to become a ninja. An actual ninja.

* **BRADLEY** stopped drinking alcohol for good at age 29. "It was just the kind of thing [I had to do] ... if I wanted to continue to live," he said.

* **IT** wasn't only alcohol **Bradley** recently admitted to giving up. He has also said he does not use deodorant. Okaaaaay...

* **HIS** net worth is R800-million.

* **BRADLEY** has stated that his father, an avid movie buff, lit the initial acting flame inside of him. Living next to a movie theatre, he and his father shared a passion that would eventually lead him to stardom.

* **BRADLEY** showed off his comic abilities in *The Hangover* series, in which he co-starred with **Ed Helms** and **Zach Galifianakis**.

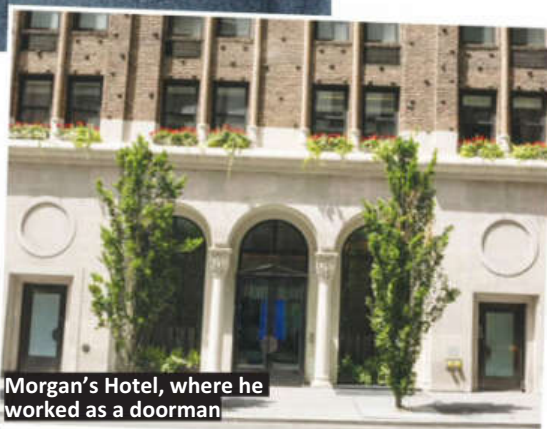
* **IN** fact, it was the overwhelming success of *The Hangover* that shot **Bradley** to stardom – even nabbing the cover of men's style magazine *Details*. "I'm not even funny at all," he insists.

* In 2011, **Bradley Cooper** was voted the American *People's* Sexiest Man Alive.

* **BRADLEY** used to chew tobacco, but now he likes to chew toothpicks instead.



Bradley towards the end of his high school days



Morgan's Hotel, where he worked as a doorman



Bradley with his mother



With his father



During high school



Follow us on twitter.com/people_sa

www.peoplemagazine.co.za

PEOPLE 95

A 26-YEAR OLD WOMAN
DRIVING A 2010
FORD FIESTA
PAYS ONLY R496P/M*
**BECAUSE WE'RE
FOR WOMEN.**



1st for women

Why not place your trust in the one insurance company that always puts a woman's needs first. So for car, home, business and life insurance as well as a host of fabulous benefits tailor-made for women,

call 0861 55 58 41 or SMS "FIRST" to 42857
and we'll call you back. www.ffw.co.za

T&C's apply. *Risk profile dependent. Authorised FSP: 15261.
Long term products underwritten by 1Life, an authorized FSP.